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Tuesday

AP

An elderly man is carried to safety in Taiwan.

'All Gone': Taiwan village buried in typhoon's wake | 6

Dems Respond: Pelosi attacks health care critics | 5

Circuit City: Get a cardio fix from nonstop Pilates | FIT

lookout

Sob Story: Mindy Smith's 'Stupid Love' is heartbreaking but solid. Plus, David Byrne builds a massive instrument.

>> 24-31

World Braces for Swine Flu's Resurgence

RAJANISH KAKADE/AP

ON ALERT: Students wear masks as a preventative measure against swine flu in Mumbai, India, on Monday. While two more died from the virus in India, world leaders, including President Obama at a summit in Mexico, devised plans to fight the flu. ✣ **Tests Start:** Race to complete vaccine begins | **Page 4**

U.S. Targets 50 Drug Lords

Military gets green light to 'kill or capture' Taliban allies

KABUL | A U.S. military "kill or capture" list of 367 wanted insurgents in Afghanistan includes 50 major drug traffickers who give money to Taliban militants, U.S. military commanders told the Senate Foreign Relations Committee.

U.S. and NATO troops are attacking drug warehouses and militant-linked narco dealers in Afghanistan for the first time this year, a new strategy to counter the country's booming opium poppy and heroin trade. NATO defense ministers approved the targeted drug raids late last year, saying the link between Taliban insurgents and the drug trade was clear.

According to a report to be issued by the committee this week, U.S. commanders have no restrictions on the use of force against the targets, "which means they can be killed or captured on the battlefield," the report states.

When the nexus between a drug trafficker and the insurgency is clear enough, the drug trafficker is put on a list of insurgent leaders wanted by U.S. forces, said Rear Adm. Gregory Smith, the top U.S. spokesman in Afghanistan.

To be placed on this target list, formally called the "joint integrated prioritized target list," requires two verifiable human sources and "substantial additional evidence," the report says. JASON STRAZIUSO (AP)

pollcenter DO YOU SUPPORT THE 'MOBS' THAT HAVE DISRUPTED HEALTH CARE FORUMS? A YES B NO

VOTE AT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

TUESDAY 92|74 WEDNESDAY 85|69

eyeopeners

AGING

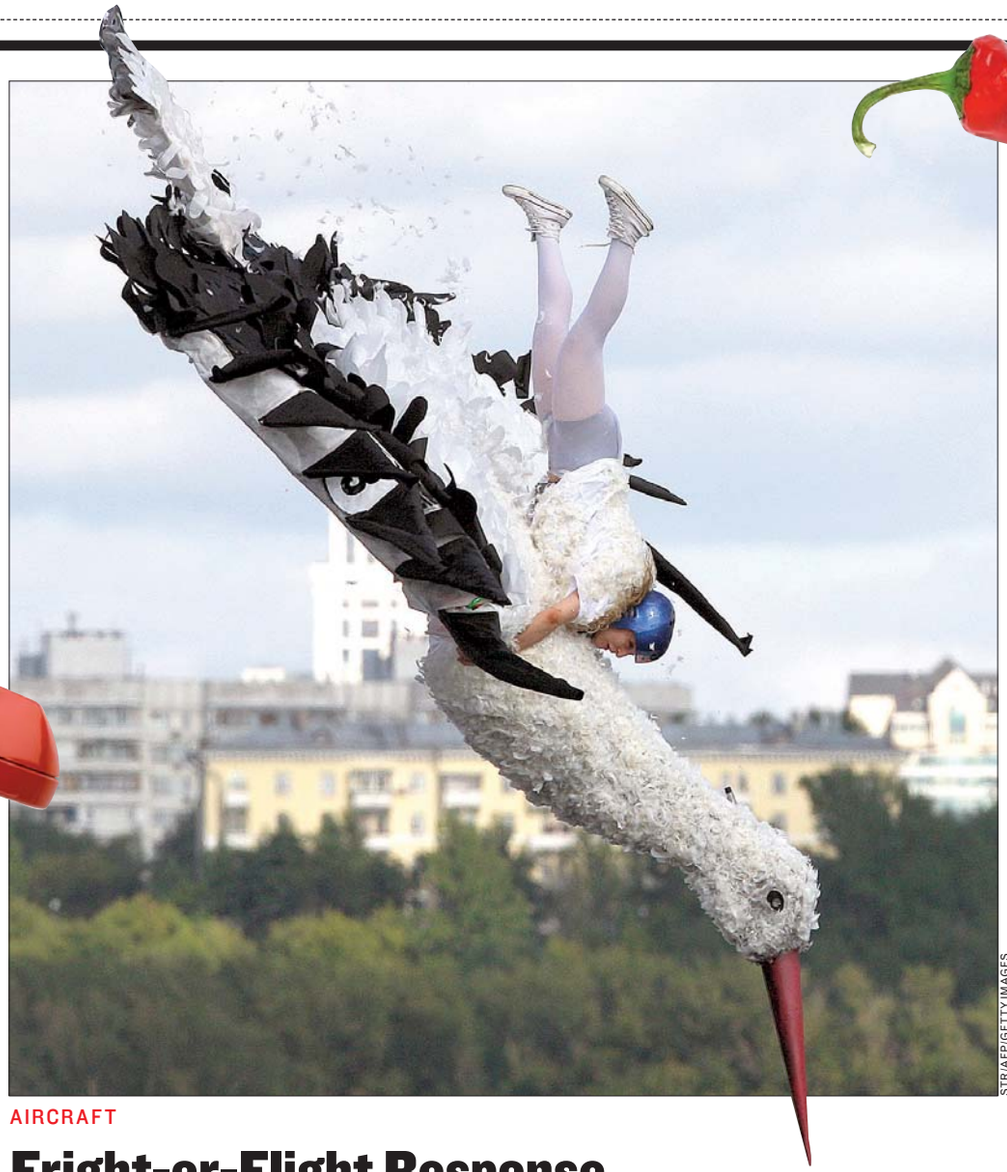
Stereotype of Elderly Female Driver Reinforced

Police said a 75-year-old woman drove the wrong way for two miles on New York's Tappan Zee Bridge before being stopped. State police said the woman entered the highway from an off-ramp Sunday and drove north in the southbound lanes of the bridge. She said she knew she had been driving the wrong way but kept going because she thought there would be a place to make a U-turn. (AP)

PRANKS

Whatever Happened To Heavy Breathing?

A Frederick, Md., man is facing charges that he made fake 911 calls. Bryan Paul Blanchard, 20, was charged after officers staked out a pay phone from which several of the calls were made. Police charged Blanchard with two counts of telephone misuse, which carries a maximum sentence of three years in jail and/or a $500 fine for each count. (AP)

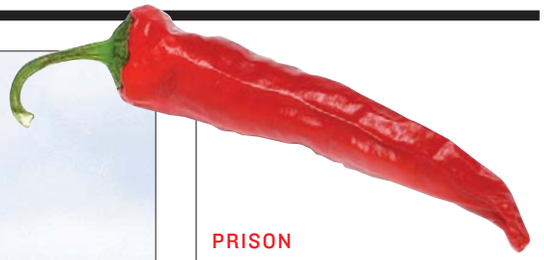


STR/AFP/GETTY IMAGES

AIRCRAFT

Fright-or-Flight Response

At Moscow's annual Red Bull Flugtag tournament on Sunday, teams showed off their creations by launching them into the air and into the Moskva River. The craft that flies the farthest wins the competition. (EXPRESS)



PRISON

Concealed Shiv Costs $2 Extra

A group of Tampa, Fla., inmates is offering a taste of what it's like in jail — no locks, bars or handcuffs required. But you'd better have a tough stomach to use more than a dash of their "Jailhouse Fire Hot Sauce." Minimum-security Hillsborough County Jail inmates offer it in "Original," "Smoke" and "No Escape" varieties, all made from jail-grown peppers. The income is used to keep up the greenhouse and buy basic supplies. (AP)

STUNTS

"It is a waste of money, in my opinion. ... Though, I understand that he wants to show his love on the big day."

— **THE MOTHER OF ZHAO PENG**, WHO GAVE HIS WIFE-TO-BE A WEDDING DRESS WITH A MORE-THAN 1.2-MILE TRAIN. HE THINKS THE DRESS SET A WORLD RECORD.

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Police May Have Let Shooter Go

Pa. gym killer thought to fit profile of suspect in an earlier incident

PITTSBURGH | The man who carried out a massacre in a women's aerobics class had been questioned a week earlier by police because he matched the description of a man seen pulling what appeared to be a grenade from a computer bag, authorities said Monday.

Sodini

George Sodini, 48, of Scott Township was ultimately let go by Port Authority of Allegheny County police because they couldn't confirm he was the man on the bus July 28, authorities said.

"We've never found a grenade, so nobody can tell you right now it was him on that bus. We believe it was him on the bus," Moffatt said.

Sodini fatally shot himself after killing three women and wounding nine others attending an aerobics class at the L.A. Fitness club in Collier Township on Aug. 4. (AP)

Obama Talks Immigration Reform

President says he's confident legislation can be passed in 2010

GUADALAJARA, MEXICO | President Obama, attending a North American summit with the leaders of Mexico and Canada, vowed Monday to pursue comprehensive U.S. immigration reform later this year with a view to enacting legislation in 2010 that would provide a "pathway to citizenship" for millions of illegal immigrants in the United States.

In a joint news conference in Guadalajara with Mexican President Felipe Calderón and Canadian Prime Minister Stephen Harper, Obama also pledged continued support for Mexico's war on powerful drug cartels, saying he was confident the battle could be waged "in a way consistent with human rights."

In their two-day summit that began Sunday, the three leaders said they discussed those and other topics, including trade, a recent coup in Honduras and efforts to combat the spread of the H1N1 swine flu pandemic.

ALEX BRANDON/AP

Canadian Prime Minister Stephen Harper, left, Mexican President Felipe Calderón and President Obama wrapped up a two-day summit in Mexico on Monday.

When asked about the prospects for immigration reform in view of the blows to his administration over health care legislation and mid-term elections next year, Obama dismissed the idea that the elections would play a role, saying he would not act "on short-term political calculations."

He said he regards immigration reform as being in the long-term interest of the United States. "We have a broken immigration system," he said. "Nobody denies it."

> "We have a broken immigration system [in the United States]. Nobody denies it."
>
> —PRESIDENT OBAMA

He said meetings have begun on immigration reform among House and Senate Democrats and Republicans.

"I would anticipate that before the year is out, we will have draft legislation, along with sponsors potentially in the House and Senate, who are ready to move this forward," Obama said.

The overhaul would give illegal immigrants in the United States the opportunity "to achieve a pathway to citizenship so that they don't have to live in the shadows," Obama said. "So, I'm confident we can get it done." WILLIAM BRANIGIN (THE WASHINGTON POST)

6 **THE AMOUNT OF TIME,** in hours, passengers on an ExpressJet flight spent trapped on an airport taxiway Saturday after their flight was diverted to Rochester, Minn., due to bad weather. Airline spokeswoman Kristy Nicholas says a new crew for the flight had to be flown in because the original crew had reached their maximum flight hours allowed. She says passengers weren't permitted to sleep in the terminal and therefore had to stay on the plane. (AP)

Allergies?

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Nation

Testing of Swine Flu Shots Begins

Volunteers in eight cities will receive the experimental vaccine

ST. LOUIS | Hundreds of Americans in eight cities are lining up for experimental swine flu shots in a race to get a vaccine out before the new flu virus sweeps the U.S. this fall.

Sharon Frey, who is leading the government-funded testing at Saint Louis University, said scientists have been working late nights and weekends to organize the studies and recruit volunteers.

"Typically, it takes a year to do this," said Frey, an infectious diseases expert. "I can tell you we're working at breakneck speed."

EMILY RASINSKI/AP

Carolyn Stefanski, nurse manager at the Saint Louis University vaccine center, gives a swine flu shot to Nicholas Sarakas, 25, during a vaccination trial Monday.

> "Typically, it takes a year to do this. I can tell you we're working at breakneck speed."
>
> —SHARON FREY
> INFECTIOUS DISEASES EXPERT

About 2,800 people will participate in the government-led studies. Saint Louis University will test 200 adults and 200 children. Also under way are separate studies by five flu vaccine manufacturers under contract with the government.

Health officials expect to have about 160 million doses available this fall. The studies will test the safety and effectiveness of vaccines developed by drug makers, and help determine the dosage and whether it can be given with a seasonal flu shot.

Participants will be given different combinations of two swine flu vaccines made by drug makers Sanofi Pasteur and CSL Limited, and a seasonal flu vaccine.

Nicholas Sarakas, 25, is among the vaccine volunteers. As a young adult, he's among the groups targeted for the swine flu vaccines.

"I thought, 'I'll end up getting a flu shot anyway,'" he said. "Somebody has to be the first person to try it." CHERYL WITTENAUER (AP)

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Nation

LAUREN VICTORIA BURKE/AP FILE

House Speaker Nancy Pelosi co-wrote a controversial newspaper editorial.

Top Dems Take Shot At Critics

Pelosi, Hoyer call the actions of health care foes 'un-American'

WASHINGTON | The House's top two Democrats said Monday that some of the behavior of health care overhaul opponents is "simply un-American."

Protesters have disrupted town-hall meetings held by lawmakers, in some cases shouting down speakers at the events. Police have had to intervene, and videos of the events have circulated widely on YouTube and cable news.

"These disruptions are occurring because opponents are afraid not just of differing views — but of the facts themselves," said Speaker Nancy Pelosi of California and Majority Leader Steny Hoyer of Maryland. "Drowning out opposing views is simply un-American. Drowning out the facts is how we failed at this task for decades."

Their comments, in an opinion piece in USA Today, drew an immediate response from House Minority Leader John Boehner, R-Ohio.

"To label Americans who are expressing vocal opposition to the Democrats' plan 'un-American' is outrageous and reprehensible," Boehner said in a statement. (AP)

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World

AP/GETTY IMAGES

A bridge in southern Taiwan succumbs to the massive flooding caused by Typhoon Morakot on Monday. Dozens have died in the country's worst flooding in 50 years.

Hundreds Missing After Typhoon

Taiwan village buried in mudslide; crews struggle to deliver aid

TAIPEI, TAIWAN | A mudslide touched off by a deadly typhoon buried a remote mountain village, leaving at least 400 people unaccounted for Monday, and military rescue helicopters unable to land because of the slippery ground dropped food to desperate survivors.

Typhoon Morakot slammed Taiwan over the weekend with as much as 80 inches of rain, inflicting the worst flooding the island has seen in at least a half-century.

The storm submerged large swaths of farmland in chocolate-brown muck and swamped city streets before crossing the 112-mile-wide Taiwan Strait and hitting China, where it forced the evacuation of nearly 1 million people.

A disaster appeared to be unfolding around the isolated southern village of Shiao Lin, which was hit by a mudslide Sunday at about 6 a.m. local time and was cut off by land from the outside world.

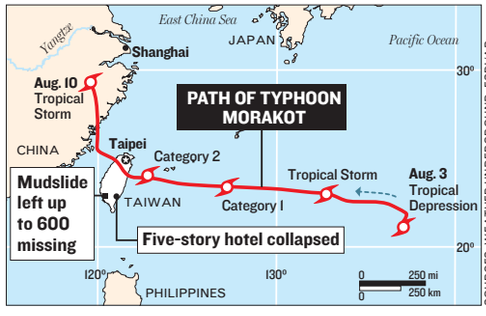
Speaking to The Associated Press, a Taiwanese police official who identified himself only by his surname, Wang, said 400 people were unaccounted for in the village. One of the rescued villagers, an unidentified middle-aged man, told police that his family of 10 had been wiped out. "They're gone," he said, according to a local photographer. "All gone."

Authorities put the confirmed death toll in Taiwan at 14, but that seemed certain to rise.

PETER ENAV (AP)

THE PATH

Typhoon Morakot grew in power as it slammed into Taiwan and China, leaving dozens feared dead and hundreds more unaccounted for as of Monday.



SOURCES: WEATHER UNDERGROUND; ESRI/AP

Clinton Targets Congo 'Atrocities'

Secretary of state challenges students to end sexual violence

UKINSHASA, CONGO | Secretary of State Hillary Rodham Clinton called Monday for Congolese youth to lead nationwide protests against massive corruption and rampant sexual violence in the country's violence-torn east.

Clinton said she would press officials in the Democratic Republic of Congo to address the issues. But she stressed that domestic outrage at graft and sexual assaults against women and girls was needed to help prod the government into action.

"You are the ones who have to speak out," she told university students in Kinshasa. "Together, you can write a new chapter in Congolese history."

Calling the situation in the eastern city of Goma, the epicenter of the crisis, "truly one of mankind's greatest atrocities," she said the fight against gender-based violence as a weapon of war was just as important as curtailing corruption. The U.N. has recorded at least 200,000 cases of sexual violence in eastern Congo since conflict erupted in 1996. (AP)

CLINTON IRKED

→ When a Congolese student asked for Bill Clinton's thoughts on an international matter, Hillary Clinton snapped: "My husband is not secretary of state. I am."

Temblors Stir Asian Countries

Tokyo rattled again; Indian Ocean quake brings tsunami watch

TOKYO | A powerful earthquake with a preliminary magnitude of 6.6 hit Tokyo and nearby areas shortly after dawn Tuesday, halting trains and forcing two nuclear reactors to be shut down for safety checks. There were no immediate reports of serious damages or injury.

Meanwhile, a tsunami watch is in place for India, Myanmar, Indonesia, Thailand and Bangladesh after the U.S. Geological Survey said another unrelated quake with a 7.6 magnitude hit the Indian Ocean about 160 miles north of Port Blair in India's Andaman Islands. The USGS cautions that it is not known whether an Indian Ocean tsunami has occurred.

A magnitude-6.9 quake rattled Tokyo Sunday but caused no damage or casualties. Japan is one of the world's most earthquake-prone countries, and experts think Tokyo has a 90 percent chance of being hit by a major quake in the next 50 years. (AP)

Iran Intelligence Officers Purged

TEHRAN, IRAN | President Mahmoud Ahmadinejad fired at least four senior Intelligence Ministry figures in a purge targeting officials who disagreed with the crackdown on the opposition after the disputed presidential election, lawmakers and media said Monday.

The purge deepens a rift between Ahmadinejad and critics within his own conservative camp and also reveals splits within the security establishment over the suppression of protesters. (AP)

World

U.K. Forecasters All Wet

Meteorologists take heat after 'barbecue summer' is a washout

LONDON | It's the phrase that haunts Britain's weather forecasters — "barbecue summer."

It was used in April by the country's chief weather forecasting body when it predicted the summer would be warm and sunny.

After a soggy July, Britons are miffed. Meteorologists have been forced to defend their science — and their bonuses. The government-funded Met Office has paid more than 1 million pounds ($1.7 million) in annual bonuses to staffers for meeting targets, including the accuracy of forecasts.

KIRSTY WIGGLESWORTH/AP

Edgbaston cricket ground in Birmingham, England, is soaked from the rain.

"That was for last year," Met Office spokeswoman Sarah Holland said Monday.

The Met Office's April forecast said there was a 65 percent chance the summer would be warmer and sunnier than average.

At first, the signs were good. June's Wimbledon tennis tournament took place under sunny skies. But soon afterward it started to rain. More than 5.5 inches fell in July, double the monthly average.

Two weeks ago, the Met Office revised its forecast — August will see average or above-average rainfall. Rather defensively, the agency insisted that "at no time did the Met Office state that summer 2009 would be hot and dry throughout or forecast a 'scorcher.'"

"July wasn't as nice as we'd hoped," Holland said. "But June was a very nice month — and we've just had a nice weekend." (AP)

350 **THE NUMBER OF** new species found in the Himalayas in the past decade, making it one of the world's most biologically rich regions, according to the World Wildlife Fund. Among the discoveries have been a flying frog and a catfish that sticks to rocks. (AP)

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World

AP

An Iraqi walks past the wreckage of a double truck bombing that tore through a Shiite minority community near Mosul on Monday. At least 48 died in a wave of violence.

Blasts Targeting Shiites Kill Dozens

Dual bombings seen as attempt to rekindle Iraqi ethnic violence

BAGHDAD | A double truck bombing tore through the village of a small Shiite ethnic minority near the northern Iraqi city of Mosul, while nine blasts wracked Baghdad in a wave of violence Monday that killed at least 48 people and wounded more than 250, Iraqi officials said.

The attacks provided a grim example of U.S. warnings that insurgents are targeting Shiites in an effort to re-ignite the sectarian violence that nearly tore the country apart in 2006 and 2007.

The U.S. military has stressed that despite the rise in attacks, the Shiites are showing restraint and not retaliating as they did more than two years ago when a similar series of attacks provoked a Shiite backlash that degenerated into a sectarian slaughter claiming tens of thousands of lives.

Monday's deadliest blast was a double truck bombing in Khazna village, just east of Mosul, home of the Shabak, a small Shiite ethnic group in the north. The two explosives-laden trucks went off nearly simultaneously and less than 500 yards apart, killing at least 28 people and wounding 138, said police and hospital officials. (AP)

WHO ARE THE SHABAK?

Monday's bombings struck a small Shiite ethnic group that makes its home in northern Iraq:

→ The Shabak, who have their own distinct language and belief system, are part of the mosaic of ethnic and religious minorities in Iraq's north that include Yazidis, Assyrian Christians, Turkomen Shiites and Kurds — all of whom have been targeted in the past by Sunni Arab insurgents. (AP)

BILLS Too Chic Lawmakers in the Philippines lashed out Monday against a reported $20,000 dinner bill racked up by the president and an entourage on a New York visit last week at the famed Le Cirque. (AP)

Local

Metro Worker Killed in Va.

Man fatally wounded in track maintenance accident Sunday night

Metro officials are still trying to determine whether an accident on the Orange Line that killed a 63-year-old Metro employee Sunday night was caused by mechanical failure or human error, a spokesman said Monday afternoon.

The incident occurred about 9:50 p.m. during scheduled track maintenance near the Vienna Metro station in Fairfax County. Metro spokesman Steven Taubenkibel said the incident happened along the above-ground stretch of the Orange Line alongside Interstate 66.

> **"Was there something that** distracted our employee or what? We're not sure."
>
> **JOHN CATOE**, METRO GM

Silver Spring resident Michael Nash, a Metro employee for 21 years, had been a track repairman since 1990, officials said.

Metro General Manager John B. Catoe Jr. said during a news conference that Nash was a spotter, responsible for removing gravel from circuits or boards in the track bed. He was working with a crew of 10 to 15 people who were replacing crossties when he was hit by a manned ballast regulator, a piece of equipment that rides on the rails, Metro officials said.

The equipment deposits and spreads the stone or gravel known as ballast upon which the crossties and rails rest, particularly in outdoor parts of the system. The ballast provides drainage and stability.

"Was there something that distracted our employee or what?" Catoe said. "Again, we're not sure until we've conducted our investigation." JAMES HOHMANN AND LISA REIN (THE WASHINGTON POST)

WASHINGTON | WET WALK

GERALD MARTINEAU/TWP

COOL SHOULDER: Tourists cool down at one of three misting locations at the Smithsonian's National Zoo in D.C. Heat indices reached 100 degrees Monday.

Fourth Person Charged in D.C. Tech Office Case

WASHINGTON | A fourth person has been charged in a bribery and kickback scandal centered in the D.C. government's technology office.

Sarosh Mir, who worked for a D.C. contractor, was charged last week in federal court. The charges against the 44-year-old from Herndon, Va., were revealed in a "criminal information" document that signals a plea agreement is near.

Officials say Mir worked for Sushil Bansal, owner of Advanced Integrated Technologies Corp. The consulting firm had millions of dollars in business with the D.C. government. (AP)

The Lotteries

Monday, Aug. 10

DISTRICT

Mid-day Lucky Numbers	0-0-6
Evening Lucky Numbers (Sun.)	4-7-7
Mid-day DC 4	5-1-0-0
Evening DC 4 (Sun.)	2-2-1-9
Mid-day D.C. Five	7-6-5-4-8
Evening D.C. Five (Sun.)	2-5-7-2-2
Daily 6 (Sun.)	1-5-8-16-25-29 (24)

MARYLAND

Mid-day Pick 3	0-6-3
Evening Pick 3 (Sun.)	8-9-2
Mid-day Pick 4	1-5-6-7
Evening Pick 4 (Sun.)	4-5-9-8
Match 5 (Sun.)	12-17-22-36-38 (24)

VIRGINIA

Mid-day Pick 3	7-2-7
Evening Pick 3 (Sun.)	8-5-6
Mid-day Pick 4	3-3-6-2
Evening Pick 4 (Sun.)	9-2-9-6
Mid-day Cash 5 (Sun.)	2-9-17-18-19
Evening Cash 5 (Sun.)	3-5-11-21-32

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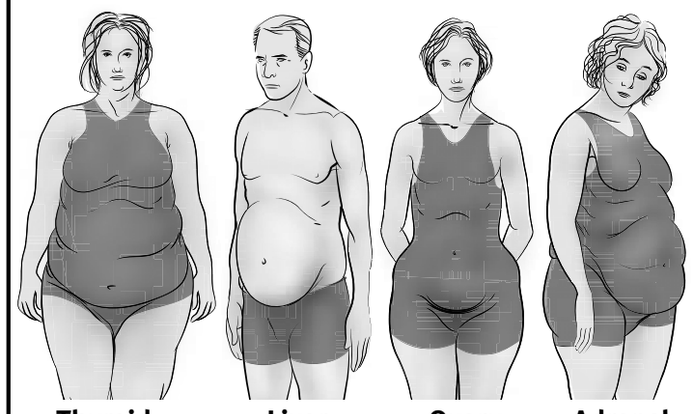

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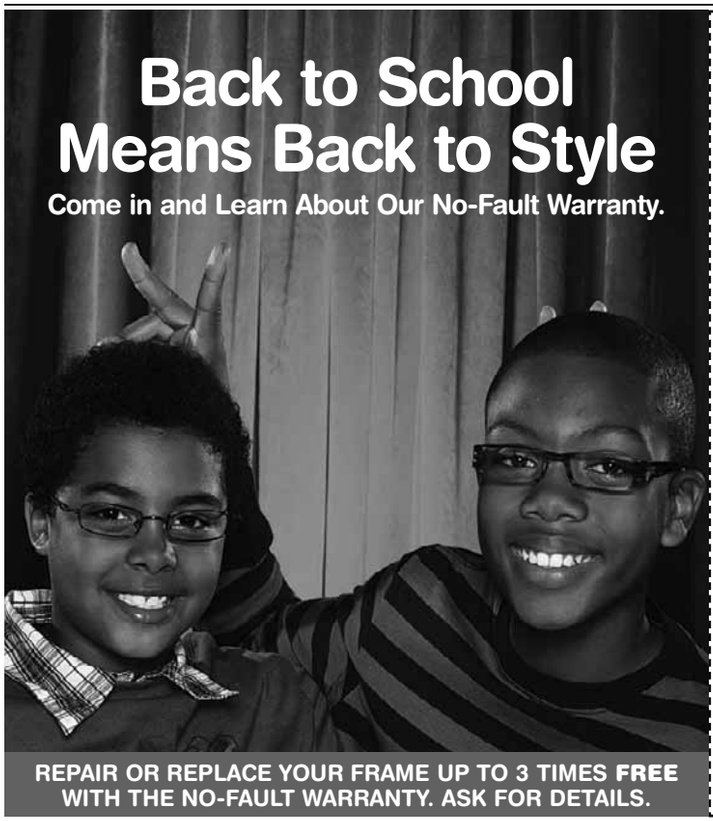

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Local

KATHERINE FREY / TWP

Scott Kreilick surveys the bronze statue of Gen. George B. McClellan at Connecticut Avenue and Columbia Road NW Aug. 5. The statue has undergone a face-lift.

A Major Face-Lift For D.C. Statues

National Park Service rehabilitating public sculptures around city

The general sat motionless as the man with rubber gloves and tattooed legs gently brushed wax across his nose.

Gen. George B. McClellan sat, as he has for a century, with clenched hand and stern visage, while technician Pavel Efremoff dabbed the gooey wax from a plastic tub and spread it over the Civil War figure's mustache and cheeks.

The equestrian statue of McClellan, which has stood along Connecticut Avenue since 1907, had never had such lavish treatment from conservators, experts said.

But this week, scaffolding will come down from around the bronze McClellan, and it will be unveiled as the latest of Washington's outdoor artworks to undergo rehabilitation.

As officials have lamented the shabby conditions of public places in Washington such as the Mall, there has been an effort to conserve public sculptures in the city.

National Park Service officials said the projects have been in the works through maintenance initiatives and predate this year's economic recovery legislation.

As workers prepare to reveal the McClellan statue, which has been enshrouded in nylon mesh since spring, the towering granite and gold First Division Monument near the White House is undergoing a $1.6.million face-lift.

The Boy Scout Memorial along 15th Street is getting $550,000 in repairs in the final part of a three-year rehab of the Ellipse and its environs south of the White House, which had not received any major attention since 1947.

"Beauty is important to a city," said Ann Smith, Park Service liaison to the White House. "In a city where there are so many of us together, it's particularly important for there to be places that are open, that are restorative, that say this is a wonderful place."

MICHAEL E. RUANE (THE WASHINGTON POST)

$1.9 **THE AMOUNT, IN MILLIONS,** that the Virginia Tech Foundation and Blacksburg, Va., have received to help expand the Virginia Tech Corporate Research Center.

GM Experiments With eBay Sales

Automaker likely will expand service if trial in Calif. is successful

SAN FRANCISCO | Hundreds of General Motors' California dealers will let consumers haggle over the prices of new cars and trucks through the eBay online marketplace in a trial that begins Tuesday.

About 225 of California's 250 GM dealers are set to take part in the program. They will be selling Buick, Chevrolet, GMC and Pontiac vehicles on co-branded Web sites through eBay Inc.'s online auto marketplace, eBay Motors, until Sept. 8.

The trial expands an existing partnership covering GM certified used vehicles sold through eBay. It also marks a shift for eBay, since most of the vehicles sold on the site have traditionally been used.

Starting Tuesday, eBay visitors will be able to visit Web pages such as Gm.ebay.com and Chevy.ebay.com, where they can browse new 2008 and 2009 vehicles, ask dealers questions and figure out financing.

Car buyers will be able to choose between the two standard options currently offered on eBay Motors: Negotiating a price with a dealer through the site or purchasing right then at a fixed price. Cars will be picked up at the dealerships.

Mark LaNeve, GM's vice president of U.S. sales, thinks getting the automaker directly involved in new online sales will give customers a larger sense of security about buying a car on the Web. Currently, many consumers research new cars online, but most still go down to a dealer to buy the cars.

If the companies think the trial is successful, they want to expand it across the country. Lorrie Norrington, president of eBay marketplaces, said eBay may try doing the same thing with other automakers. RACHEL METZ (AP)

EBAY INC./AP

This screenshot from the Internet taken Monday shows the teaser page for the General Motors program through eBay motors.

BOOKS Julia's Renaissance On paper and on screen, "Julia" is stealing the show from "Julie." Meryl Streep's performance as Julia Child in "Julie & Julia," which opened last weekend, has helped return the late chef's "Mastering the Art of French Cooking," a classic published nearly 50 years ago, to the top of best-seller lists. On Monday, a $40 hardcover of "Mastering" topped the charts of Amazon.com and Barnes & Noble.com, easily outpacing a paperback of the memoir that gave the film its title, "Julie & Julia." (AP)

In Brief

NEW YORK

McDonald's Reports Strong Sales in the Down Economy

McDonald's Corp. said Monday its same-store sales climbed 4.3 percent in July, as the nation's biggest hamburger chain benefited from budget-conscious consumers and wide promotion of new coffee drinks. The company said U.S. same-store sales climbed 2.6 percent because of new products, including McCafe espresso-based coffee. McDonald's results have benefited from consumers' trading down to cheaper meal options amid the recession. (AP)

SAN FRANCISCO

Professor Decodes His Genome in One Week

A gene scanner in every doctor's office? It may be not so far off. A Stanford University professor says he has sequenced his entire genome in a week for less than $50,000 using a single machine. Six years ago, hundreds of researchers at the Human Genome Project completed the same task for $300 million after 13 years of work. (AP)

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Sports

LUIS M. ALVAREZ/AP

Ryan Zimmerman and Adam Dunn exchange high fives after the Nationals defeated the Arizona Diamondbacks on Sunday. The win was Washington's eighth straight.

The Best Time of Year for Nats

Red-hot Washington tackles fundamentals better in recent run

NATIONALS | Bad as could be for much of this season, the last-place Washington Nationals suddenly are the best team in baseball.

Really? Well, yes, they are at the moment: The Nationals enter their game at the Atlanta Braves on Tuesday with eight consecutive victories, the longest active streak in the majors. And the recent run of success stretches back further than that. Dating to July 25, the Nationals are 12-4, the sport's top record in that span.

"I've always been optimistic about what we have in place. I'm more optimistic because I see it coming to fruition at a pretty rapid pace. We have a good, young core of players," acting general manager Mike Rizzo said Monday.

Even he won't get too carried away, though. After all, Washington is a majors-worst 40-72 in 2009, putting the club on pace to lose more than 100 games for the second year in a row. Aside from wins and losses, what happens over the next week could be really crucial to where this franchise is headed: The deadline to sign No. 1 overall draft pick Stephen Strasburg is Aug. 17; Rizzo wouldn't comment about those negotiations.

Third baseman Ryan Zimmerman, for one, offered as simple an explanation as could be: "It's just us playing better."

When asked to what he attributes Washington's performance of late, Rizzo quickly pointed to the defense — specifically, to the extra pregame fielding practice instituted by interim manager Jim Riggleman, who replaced the fired Manny Acta in the dugout on July 16.

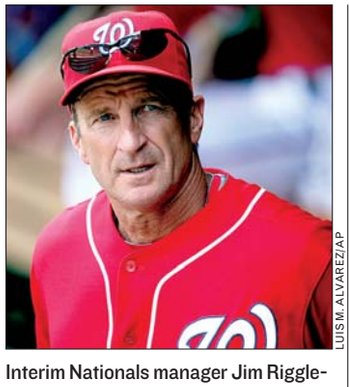
"Defensively, we've come a long way in the last three, four weeks," Rizzo said. "The attention and the importance put on it by myself and by Jim has really been taken to heart by the players and made a renewed focus on becoming a better fundamentally sound ballclub." HOWARD FENDRICH (AP)

REASONS FOR IMPROVEMENT

2.96 The bullpen's ERA since the All-Star break, compared to its 5.71 ERA in the first half of the year.

.306 The Nos. 3-5 hitters' batting average.

.992 The fielding percentage the past 16 games.



LUIS M. ALVAREZ/AP

Interim Nationals manager Jim Riggleman has put a new focus on defense.

Starts at the Top: Columnist Tracee Hamilton attributes the Nats' hot streak to leadoff hitter Nyjer Morgan | **washingtonpost.com/sports**

NHL Sour Note The Carolina Hurricanes have sued a Raleigh hip-hop artist who produced a song promoting the franchise, saying the man has violated team trademarks. The federal lawsuit accuses Tyrone Banks of misusing trademarks by referring to the tune as "the official Carolina Hurricanes song" and wearing a Hurricanes jersey in promotional material. Banks produced "Carolina Hurricanes" in 2007 and provided a copy of the song to the team, which has played the song at games, according to the suit. (AP)

Swengali

NATIONALS | BY MATT SWENSON

Credit Riggleman For Turnaround

JIM RIGGLEMAN is sure managing like he wants to run the Washington Nationals full time.

It must be that he's from Rockville and thinks a natural nostalgia for the area. Otherwise, there can't be a much worse job in the majors than the manager's position in this rudderless franchise.

It's hard to remember that right now. After all, the last-place Nationals are the hottest team in baseball, having won eight games in a row. Don't worry; the team is still firmly the holder of baseball's worst record.

Riggleman is building a reputation as a good change-of-pace manager.

Riggleman has to be at least part of the reason for the sudden surge. The Nats won just 26 of 87 games under Manny Acta. Since Riggleman took over, Washington is 14-11 — a stretch the mighty Red Sox could only dream of right now.

Long ago, it was established that the journeyman skipper is serviceable, if nothing special. He managed the Cubs to the playoffs once, yet his career record is 536-663.

Riggleman, though, is building a reputation as a good change-of-pace manager. During his interim time in Seattle last year, the Mariners improved from dreadful to mediocre (his .400 winning percentage topped the team's .377 percent for the entire season).

Riggleman has infused a new energy into the clubhouse.

Who knew what a difference a manager could make?

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

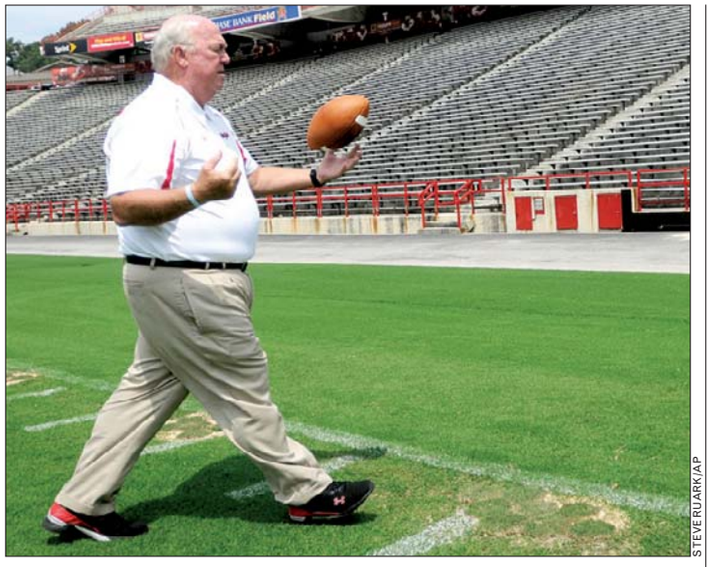
A Lot Less Left in UMd.'s Fridge

Coach Friedgen drops 105 pounds following a major diet program

TERPS FOOTBALL | There's less of Ralph Friedgen on the Maryland sideline these days, thanks to a diet that has enabled the Terrapins head football coach to drop a whopping 105 pounds.

Friedgen won't say how much he weighed before he began the diet in October, but this much is certain: He was well over 300 pounds and not in a very healthy place.

"A couple of years, back I looked into doing lap band surgery, and then a week away I decided not to do it because it would limit what I could eat and how I could eat it," Friedgen said Monday. "But the doctors had told me when things start going bad, being overweight, they're going to go bad fast."



STEVE RUARK/AP

Maryland head football coach Ralph Friedgen walks around during media day at Bryd Stadium in College Park Monday. Friedgen has lost 105 pounds since October.

Friedgen knew it was time to get rid of the two extra chins and the massive belly that was making it difficult for him to walk without losing his breath. So, he began a diet that provided him with five packaged meals a day and healthy snacks. Now that Friedgen is only a shell of his former self, his new look was a hot topic at media day Monday.

"A lot of times coaches expect a lot out of their players, but he's really practicing what he preaches as far as dedication and doing things right," senior quarterback Chris Turner said. DAVID GINSBURG (AP)

RICHARD A. LIPSKI / WP

As Mystics stars Marissa Coleman, left, and Alana Beard, right, leave the court, the Verizon Center crowd gives them a hand.

Improved Mystics Draw a Crowd

Better team, bigger PR push adds up to jump in attendance

MYSTICS | Jacky Howell, a loyal and longtime season-ticket holder for the Washington Mystics, has always tried to persuade friends and acquaintances to join her at Verizon Center for WNBA games. This season, it has been a lot easier to do that.

"I've been able to talk to a lot of people and say, 'Come this year. It's a different experience,'" said Howell, who sits courtside.

The Mystics (11-10) have already surpassed last year's win total, and entering Tuesday's game against the Detroit Shock, they are averaging 11,559 fans, which is tops in the WNBA. That represents a 39 percent jump over last season, when the Mystics averaged 8,314 fans through the first 11 home games. Washington's ticket revenue is up 23 percent, according to Greg Bibb, the Mystics' chief operating officer.

"I think the difference this year is you have a team and a coach," said Howell, 55. "You have all three things going at once: an administration that pays attention to who you are as a fan; you have a quality product on the floor with the team; and you, obviously, have a coach that will stay more than one year."

Washington led the WNBA in attendance in six of its first seven seasons, but the organization gave away up to 30 percent of the tickets counted in those statistics.

39

The percentage increase in attendance at Washington Mystics games this season. The team is drawing a WNBA-best 11,559 fans per night.

When Lincoln Holdings took over in 2005, attendance dropped. Increasing ticket sales has been a priority for Bibb since he was hired in 2007. He reworked the Mystics' front office, expanding the staff from six people to 24, and placing the majority of them in the ticket sales department.

"If you don't sell tickets, PR doesn't matter, community relations doesn't matter, and, candidly, the basketball doesn't matter," Bibb said. "If you don't have people coming to see the product, nothing else works." CAMILLE POWELL (THE WASHINGTON POST)

DISCUSSIONS

REDSKINS CHAT

What can we expect from Colt Brennan this year? Has he progressed enough to get some playing time?

He's looked great against second- and third-team defenses. It's impossible to judge his progress so far, since we've seen only a dozen or so practices. Has he shown enough to warrant being the backup to Jason Campbell? At the moment, no, but we have to see some preseason games before we know that for sure.

Is it common in the NFL to have lingering hamstring injuries with so many players? Is it possible that sometime this season the Redskins will have no WRs and will go with three or four tight ends?

The 'L' in NFL stands for 'Lingering injuries' ... at least it seems to for the Redskins.

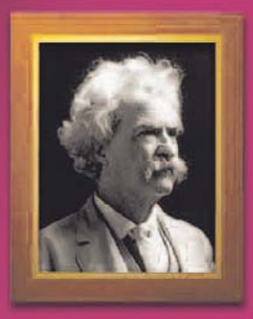
The "L" in NFL actually stands for "Lingering injuries" ... at least it seems to for the Redskins. I'm not sure what the deal is with that. The players stretch; the trainers pay attention to them. And yet my fingers tap out "hamstring injury" in my sleep. Maybe the solution is more tight ends. You may be on to something.

Given that the Redskins' offensive line is even worse than previous years', is Snyder just setting up Jason Campbell to fail so he can go out and get someone else?

Perhaps it's more a matter that their confidence in Joe Bugel is so deep, so complete that they truly think he can coach 'em up.

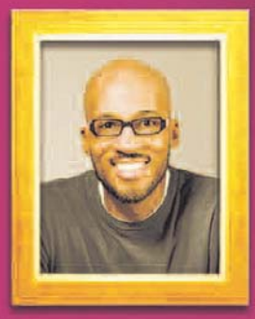
washingtonpost.com

NFL editor Cindy Boren discussed the Redskins Monday. See more pigskin coverage | washingtonpost.com/theleague



Mark Twain
Author
(1835-1910)

Harriet Tubman
Abolitionist
(c.1820-1913)



Kymone Freeman
Vaccine Trial Participant
(Present day)

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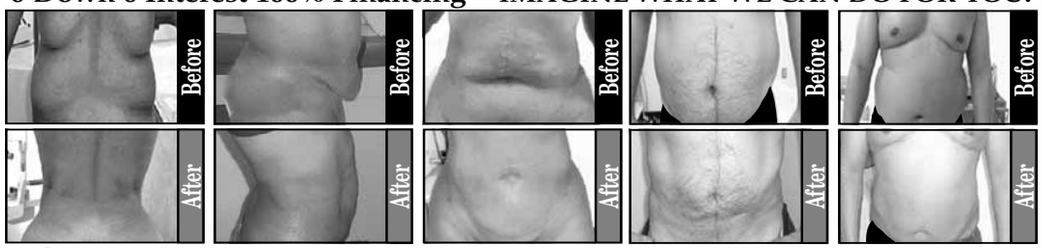

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Sports

CHRIS GRAYTHEN/GETTY IMAGES

Tony Stewart, right, driver of the No. 14 Old Spice Chevrolet, celebrates his NASCAR Sprint Cup Series Heluva Good! Sour Cream Dips win at Watkins Glen International.

Stewart Gets Fifth Watkins Glen Win

Owner-driver achieves third victory of season after leading 25 laps

Tony Stewart won the rain-delayed NASCAR Sprint Cup race at Watkins Glen International on a steamy Monday, holding off Australian Marcos Ambrose over the final 25 laps for his Cup-record fifth victory at the famed road course.

"I love it when it gets slick," Stewart said. "I was watching him [Ambrose]. I think we were stronger in the parts we needed to be and we never looked at the fuel."

It was Stewart's third win in his first season as an owner-driver and the seventh road course win of his career, second to Jeff Gordon's NASCAR-record nine. Stewart has seven consecutive top-two finishes at the Glen, also winning in 2002, 2004, 2005 and 2007, and finishing second in 2006 and 2008. He also has finished first or second in eight of the past 11 road races; he was second to Kasey Kahne at Sonoma in June.

The race originally was scheduled for Sunday, but a string of thunderstorms forced it to be postponed until Monday. Last week's race at Pocono also was postponed to Monday because of rain.

Ambrose was second, a career best, and Carl Edwards third. Kyle Busch, Greg Biffle, Juan Pablo Montoya, Kurt Busch, Max Papis, Clint Bowyer and Denny Hamlin rounded out the top 10. Polesitter Jimmie Johnson, seeking his first career road win, finished 12th.

JOHN KEKIS (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Can the Nationals make it nine wins in a row when visiting the Atlanta Braves?

ORIOLES (7 P.M. ON MASN2) In a battle of two last-place teams, the Orioles host the Oakland A's.

WNBA (9 P.M. ON ESPN2) The Los Angeles Sparks host the New York Liberty with absolutely nothing on the line.

express health directory

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For more information, please contact our office at 301-984-8800.

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- Is your child age 6-17?
- Does your child currently take a long acting stimulant to treat ADHD?
- Is your child still having trouble with ADHD symptoms?
- Are you and your child willing to consider adding a non-stimulant ADHD medication in combination with their current stimulant medication?

If you answered YES to all of these questions, your child may be eligible to participate in this trial. Participants will need to come to this office for periodic check-ups and testing. Trial medication and office visits will be provided at no cost to participants. The cost of your child's current ADHD prescription will be your responsibility. Compensation may be available for time and travel.

For more information, please contact:

Marc Herztman, M.D. 301-984-8800

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menopausestudy1@gmail.com

Participants may be compensated.

This research study is sponsored by the Uniformed Services University, Department of Medical and Clinical Psychology in Bethesda, Maryland.

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This study takes place at the Uniformed Services University of the Health Sciences in Bethesda, MD.
Call William Kerst, researcher at USUHS, to find out if you are eligible (301-295-1520).

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If you (or someone you know) have been diagnosed with major depression and have anxiety symptoms, you may be able to participate in an NIMH research study that seeks to decrease symptoms of depression and understand the causes of anxious depression. Anxiety symptoms may include tension, worry, apprehension, restlessness, or loss of appetite.

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Ride to a farmers market for a free bike tune-up **E5**

Will Ferrell sunscreen can help save you from cancer while you help cancer survivors go to college **E3**

Get sauced at your next BBQ, but keep your bun low-cal **E6**

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CORE CURRICULUM

PILATES CIRCUIT TRAINING CYCLES STUDENTS THROUGH A WIDER RANGE OF MOVEMENTS **E4**

GET ACQUAINTED WITH JOSEPH PILATES' VAST ARRAY OF EQUIPMENT AND ACCESSORIES **E4**

LAWRENCE LUK

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Transforming From BFF to Regular Buddy

Q How do you break up with a friend? My friend has decided I'm the most important person in his life. But to me, he's a nice guy who I'm glad to see every now and then. I've tried to distance myself — I don't always return his calls; I make plans with him only every couple of weeks. He's backed off some, but he is always waiting to drop everything to hang out with me. It's clear from his colleagues that he talks about me all the time. He recently decided to cut off contact with everybody including his family and closest friends, except for me, because "we are just too good friends for that." I don't enjoy any of the time I spend with him now because I just feel the burden of meaning so much more to him than he means to me. — HELP, PLEASE

BENDEPENDENT.COM

Ah, the friend breakup! It can be so hairy I've practically written a book about it (not the been-there-done-that kind, but the paper kind — due out next year).

You have two routes: direct and indirect. It sounds like you've gone the indirect route and are still feeling indigestion; you can try to be a bit firmer (though still gentle) with a note about how you don't feel like you can give him the energy and attention he deserves right now, and you don't want to keep letting him down, so you need a bit more space. But, still, tread lightly. If he's cutting off everyone else, you might want to keep an eye on him. If he's depressed, that doesn't have to bond you for life, but it does add the responsibility of helping him find support elsewhere.

Friends Are the Greatest Assets

Q I had breast enhancement surgery two years ago. That had always been an area of my body that I felt majorly self-conscious about, and I was happy to get it done and still am. The problem is, my friends still make jokes about it. I have told them to stop, but it's like they view me as a lesser person for having had this done. I would ditch them, but I feel like this is the way society views things, too. I am tired of people looking down on me for something I had every right to do and feel good about. — PO'D IN VA.

I can understand your frustration. Society loves acting out on stereotypes and generalities — so let's not paint your friends with such a broad brush either. How can it be so easy to "ditch" them without having a more in-depth talk about how they make you feel? There's no indication of your having done anything more than a simple "stop," which they might be taking all in fun.

Write the leader of the pack a note, telling him or her what you told me. Give them a chance to mend their ways. If they don't, then you can think about moving on, knowing that you at least have said your piece. But real friendship is all about learning and growing together; give them the opportunity to make things right.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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Goods | fit

NEW IN HEALTH warm ups

PINE FOR YOU

There's no better work pick-me-up than a fruit snack — and we mean the real kind, not the gummy bear-esque bites. But fresh fruit doesn't linger so well in an office drawer. So, stock up on Sunsweet Pineapple ($3.99 for 6 oz.), which is dried, but still oddly juicy-tasting. And it's just 130 calories per serving.

BAMBOO BEAUTY

Don't think you can handle the quick cleanup required for a midday workout? You'll get an eco-friendly head start with Kaia Cleansing Cloths ($17.99, Naimies.com). Made of sustainable bamboo and with a lemonade scent, they take the place of eye make-up remover, facial cleanser and toner.

JOKE'S ON YOU

Will Ferrell has shown off his heinie many times, but never for as good a cause as Cancer for College, which helps cancer survivors pay for higher ed. His tush appears on SPF 30 sunscreen ($11.99, Cancerforcollege.org) that will, hopefully, help you avoid the name of the product: Sexy Hot Tan.

RHYTHM METHOD

In case you can't get enough Zumba at the gym, bring the dance-based workout home with the new DVD collection ($59.95, Zumba.com). It comes with six routines and two toning sticks, which are really weighted maracas.

GUINEAPIG

More Food for Dairy Queens

■ Finally, a yogurt that doesn't want to brag about the wonders it does for the digestive system. And what's more, Yoplait Delights ($2.99 for four, grocery stores) have names that sound like sinful sweets — such as Chocolate Raspberry, above, Creme Caramel, Lemon Torte and Triple Berry Creme — but have only 100 calories per cup.

Fake-sugar avoiders, take note: There's no "Splenda" label plastered on the box, but sucralose is in the ingredient list (and apparent in each bite of the creamy product if you have any sort of taste buds).

Yet, our diet-soda drinker testers who were used to the stuff didn't see anything wrong with these dual-layered desserts other than perhaps their diminutive size. Plus, they're reasonably filling while packing just 1.5 grams of fat. And if offered one, the testers would be delighted to eat them. VICKY HALLETT (EXPRESS)

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BODYTALK

JAHI CHIKWENDIU/TWP

How to Fall in Love With a Machine

■ To many folks today, Pilates is something you do on a squishy rectangle on the floor. But back in Joseph Pilates' time, the idea of a mat class didn't exist, explains Karen Garcia, founder of Studio Body Logic (in Arlington and Alexandria, Studiobodylogic.com, pictured above). "It was developed so a large number of people could do the work at home," she says.

So, it's up to facilities such as hers and Balance (in Bethesda and Rockville, Balancestudio.com) to house the equipment that's the true basis of the system, and teach people how to properly use it in order to get the strong and flexible body Pilates promises. "The emphasis isn't using the apparatus. It's what are we working on and how do we get there?" says Balance owner Susan Burns.

The route often begins with courses on how to use these funny shaped machines. At Studio Body Logic, that starts with "Intro to Apparatus," a four-week class held every month. (The next session begins Sept. 3.) Balance offers "Fundamentals of Equipment" several times per week. Take four of those and you're invited to move up to a beginner equipment class.

If you're feeling wary about making an investment in something you don't understand, sign up for one of Studio Body Logic's free open houses in Alexandria (Aug. 17, 24 and 31 at 6:15 p.m., reserve by calling 703-739-7601) for a mat class and a chance to meet some of the machines. V.H.

LAWRENCE LUK

That blur in the back is Borodin using the jump board, while Fauver reclines over the spine corrector for a deep stretch.

The Hard-Core Circuit

A new twist on Pilates training adds in an extra cardio benefit

One exercise is good. Two exercises are better. And a whole slew of exercises strung together with just short breaks in between? That's the best — because with circuit training, you're engaging more muscles and elevating your heart rate, which ups your calorie burn and results in a superior overall workout. This theory is nothing new, but combine it with another familiar method, and the result may just be revolutionary: Pilates circuit training.

What It Is

The Pilates studio at Adams Morgan's Mint Fitness is plenty big for private lessons, but when it comes to group sessions, the cozy space has been limiting. Joseph Pilates' full system relies on a series of often-bulky devices and accessories, and when there's not much room for duplicates, it's practically impossible to keep students in synch. So Pilates director Timea Presley was stuck with only one group offering, a class using reformers (bed-shaped machines with a sliding padded board and two straps).

But that changed recently when Presley came up with the notion of rotating her pupils through several apparatus one at a time. As she sets up each of four students on a piece of equipment, the others watch to see what they'll be doing when it's their turn. Then, they can complete the entire cycle before getting instruction on something new.

"This is a nice way of using the whole studio, and it lets you do more of the repertoire," she says. "You can do some inner thigh on reformer, but on the chair, you can do something unique."

work it out

Lingo

To clarify, she doesn't mean a regular seat. The chair (aka stability chair or Wunda chair) is more of a box with one side that can be manipulated up and down by using resistance. The spine corrector, another Pilates invention, is not the torture device you might be imagining. Rather, it's a half-cylinder connected to an angled step.

Moves

First stop is almost always a reformer outfitted with a jump attachment, a board for your feet to leap off of as you lie on your back, so you're flying horizontally rather than vertically. "Jumping is normally hard on the knees. This isn't," Presley explains. Really get into straightening your legs, while alternating feet and adding in arm movements with weighted balls, and it's certainly hard, though.

Next up might be a spine corrector visit — perhaps laying face down over it and elevating your chest — then, a reformer station with your feet in the straps performing leg circles. And, finally, you could use a chair to attempt to do "elephant," in which you place your hands on the top of the chair, put your feet on the swinging pedal and try to pull your body up almost as though you're starting a handstand.

Then, it's time to head into another round.

Workout

The jump board puts a smile on everyone's face — for the first 10 or so jumps. Then, they get tired. "And it's not like you're just chillaxing the rest of the time," says regular Talia Borodin, 30, who says the new classes have boosted her cardio. "It made me sweat more, breathe more heavily," agrees Stephanie Fauver, 27, who calls the circuit training a "more dynamic" form of Pilates. And although Presley can't hover over each student constantly to check form and harp on proper breathing, the group is still small enough that it feels like she is.

Crowd

While both Borodin and Fauver have oodles of Pilates experience, it's not necessary to participate place. Pros know how to adjust the springs to increase resistance, so for the newbies, Presley makes sure to set the levels low. That way, they can focus on how their bodies should feel and align during the movement. The classmates can also bond over the fact that they're getting a better deal — it's $52 to $62, depending on the package you purchase, per class versus $88 to $100 for private training.

VICKY HALLETT (EXPRESS)

Held at Mint Fitness, 1724 California St. NW, Mon. and Thu. at 7p.m.; 202-328-6468, Mintconditionyourself.com.

Bikes: Always in Season

The best deal at the farmers market is a free bicycle tune-up

COURTESY BEN WEST

Ben West, left, of the Washington Area Bicyclist Association has started grassroots bike tune-ups at local farmers markets.

Trail Blazer

The aim is to help folks get air in their wheels and oil on rusty chains, and to offer cycling route suggestions.

Stop by the Mount Pleasant Farmers' Market Saturdays at Lamont Park (17th & Lamont Streets NW), and you'll see familiar piles of leafy greens and scrumptious fruit. You'll also find Ben West peddling a service of a different sort. The 35-year-old has been offering free bike tune-ups (10 a.m.-1 p.m.) since April. "It works perfectly for the markets," he says. "It's friendly, low-key, green."

What began as a help-your-fellow-neighbor effort grew to a weekly venture for the D.C. resident. It wasn't much of a stretch: West's day job consists of promoting cycling activism and events as the Washington Area Bicyclist Association's bike ambassador.

Got a dusty cruiser in your garage that may need some oil? Or a Schwinn with gummy tires? Cruise on over. The aim is to help folks get air in their wheels and oil on rusty bike chains, and to offer cycling route suggestions. It's a quick fix — not a comprehensive mechanical overhaul. (West recommends those with serious technical issues hit up a local cycling shop.) In the three-hour time span he's at the market, West and fellow volunteers put a positive spin on things for typically 30 cyclists.

No wonder the concept is quickly catching on: You can get a similar service at Bloomingdale Farmer's Market (1st and R streets NW; Sundays, 10 a.m.-2 p.m.), and West hopes to expand to the Glover Park (Wisconsin Avenue and 34th Street NW; Saturdays, 9 a.m.-1 p.m.) and H Street markets (625 H St. NE; Saturdays, 9 a.m.-2 p.m.) by the end of the market season. "It's happening pretty organically," he says. (Pun not intended.)

The one thing he'd like to see grow is his crop of volunteers. No need to be an expert — just have a positive attitude and be willing to get your hands dirty. E-mail Ben@waba.org if you're interested. Still not sold? "We get free blueberries," he adds. KRIS CORONADO (EXPRESS)

For more riding tips and cycling suggestions, read Trailblazer at **Expressnightout.com/trailblazer.**

Irish Thighs Are Smilin'

Develop legs of steel by playing a sport from the Emerald Isle

Just watching Gaelic football is exhausting. The sport, a cross between rugby, soccer and basketball, has no breaks or timeouts. When the ball goes out of bounds, the game is immediately restarted with a new ball. When one team scores, the goalie scoops the ball out of the net and puts it back in play. "I've never run as hard as I do in these games," says D.C. Gaels (Wdcgaels.com) women's football team captain Margaret Gaine, who played basketball and competed in triathlons before joining the club.

Even though Gaine — and many of her teammates — had never played before joining the Gaels, they apparently have the luck of the Irish. They're the defending national champions, and they're headed to the mid-Atlantic regionals this weekend.

"It's just so simple," says Andrew Healy, who founded the Gaels in 1988 after he moved from the Emerald Isle to Washington and couldn't find anyone to play his favorite sports with. "All it is is that they have natural ability, and we show them how to punch the ball and kick it."

Easy to understand it may be, but easy to play it is not. Players can pick up the ball and run with it, but after four steps they have to dribble or pass. Although contact is supposed to be light (or nonexistent in the women's games), it sometimes gets a little rough. Scoring in the goal net is worth three points, while sending the ball through two poles is worth one.

And it helps to remember that, win or lose, you'll probably end up with a beer. IAN HERBERT

COURTESY DC GAELS

The Gaels (in blue) also play hurling, which looks like airborne field hockey.

RESEARCH ON ALCOHOL

Researchers are currently seeking participants for one-on-one interviews about people's experiences with alcohol.

Are you:

- Between the ages of 21 and 75?
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If so, you may be eligible to participate in this non-treatment study.

Participants will receive compensation for their time and travel expenses.

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Spread These Around

Don't give up on condiments; just know how to be the boss of sauce

Most experienced dieters know the basics of navigating a cookout — fruit salad, yes; potato salad, no — but even the most diligent calorie counter can overlook a slather of mayo here, a triple squirt of ketchup there. "People think that if they just have a dab of something and eat it standing up, it doesn't count," says Mollie Katzen, author of "The Moosewood Cookbook."

Regrettably, that's not the case — and especially during bikini season, it's better to get your fill from what's inside the bun, not what's spread on it. The good news: "You can add so much flavor to your food for practically no calories," Katzen says. Here's a quick guide to everything you need to know about solving the condiment conundrum.

GETTY IMAGES

Before you pick up a bottle at that next cookout, think about the calorie content.

Mustard

"You basically can't blow it with mustard," says Julie Upton, author of "Energy to Burn." There are plenty of zero-calorie varieties to choose from, and even honey mustard, with its marginal amount of sugar, has just five calories per teaspoon.

Ketchup and Barbecue Sauce

They don't pack an alarming number of calories — ketchup has 15 per tablespoon; barbecue sauce has 20 — but they make up for it in volume. "If you like them, you tend to use a lot," says dietician Maureen Callahan. Try topping a burger or a hot dog with salsa instead; even canned varieties are lower in sugar and salt than ketchup. If you can't pass up the original, squirt a dollop no bigger than a half-dollar onto your plate for dipping. You'll use less than you would going squeeze-happy with the bottle.

Salad Dressing

Most creamy dressings, even the ones labeled "light," have 45 to 70 calories per tablespoon (and people tend to dump several onto their salad). Stick with balsamic vinaigrette, says Katzen, or try making your own dressing using a generous drizzle of olive oil with lemon juice, vinegar or hot sauce.

Mayonnaise

Regular mayo is about 100 calories per tablespoon, and low-fat versions are poor substitutes. That doesn't mean you have to choke on a dry bun. Mix a half-teaspoon of mayo with mustard, and spread it thinly. Or try Spectrum Naturals Light Canola Mayo, which has one-third the calories and fat of regular but is surprisingly tasty, Katzen says. Another option: Skip the spread and pile on a third-cup to a half-cup of coleslaw made with vinaigrette. "It adds a lot of flavor, texture and satisfaction."

Ranch Dip

Steer clear of this calorie bomb (75 or more calories per tablespoon!) in favor of hummus or bean dip. Both are high in fiber and lower in saturated fat and calories, and they pair equally well with chips and veggies. Any dip adds up, though, so measure roughly a tablespoon onto your plate to avoid OD-ing (over-dipping).

Pickles and Relish

Some relishes have a small amount of added sugar, but, in general, go to town — pickles are virtually calorie-free. And sliced bread-and-butter pickles are a great alternative to potato chips, Callahan says. Both are salty and crunchy, but you'd have to pile on 22 pickles to consume the same number of calories that are in about 10 potato chips.

Butter

Try this alternative with corn on the cob: Throw it on the grill, then squeeze on a little lime juice and sprinkle it with chili powder or salt and pepper. "That's a popular way to eat it in Mexico," Katzen says. "It's delicious."

Tartar and Cocktail Sauces

Cocktail sauce is made with high-fructose corn syrup; tartar is high in fat and sugar. Instead, go for a simple squeeze of fresh lemon juice and some garlic powder. "Those are intense flavors, so you only need a little," Callahan says. It's easy, tasty and won't go straight to your hips — everything you're looking for in a summer sauce.

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Wellness | fit

Medicine Cabinet Rx

Make sure your pills and potions are organized and up-to-date

If the jumble of bottles, boxes and tubes in your medicine cabinet is looking a little dusty, it's time for some important housecleaning.

Old drugs and over-the-counter (OTC) remedies may not be effective — and could even be harmful, warns Marisa A. Lewis, spokesperson for the American Pharmaceutical Association. When improperly stored, medications can even lose their effectiveness before the expiration date. Follow these three steps to ensure that your medicine is A-OK:

ISTOCK

Your bathroom probably is home to your medicine cabinet, but it shouldn't be.

KEEP IT COOL AND DRY. Read storage recommendations carefully. Unless special conditions are suggested (for example, antibiotics are often stored in the refrigerator), choose a spot that's cool, dry, protected from direct sunlight and out of the reach of children. Best bet: the top shelf of a linen closet. Worst: bathroom cabinets, due to high humidity.

ORGANIZE. Group meds by category so the one you need doesn't get lost in the shuffle. Put cold remedies, tummy soothers and pain relievers into labeled plastic storage boxes for easy retrieval.

TOSS. Once a year, throw away outdated drugs and remedies. Some old medicines lose potency, while others may undergo chemical changes that could make them unstable and even risky, says Paul Insel, professor of pharmacology and medicine at the University of California, San Diego. TERI WALSH

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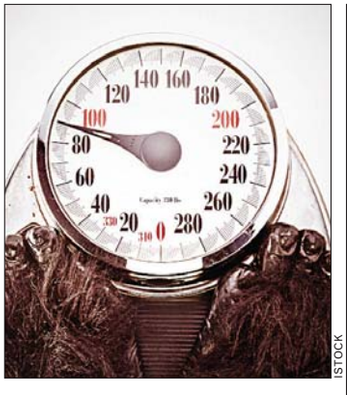
STETHOSCOPE

OBESITY

Monkey Business

■ That bulge on your belly? Blame it on the nearest bully. A study at Wake Forest University School of Medicine involved feeding monkeys a Western-style diet (think fat and cholesterol) and then letting the social order naturally emerge. The subordinate monkeys — who were left out of activities such as group grooming — gained more weight around their bellies than the other, more dominant monkeys. And flab around the tummy is the most dangerous kind, as it's more likely to lead to heart disease.



ISTOCK

FERTILITY

Strong Swimmers Rule

■ No matter whether they want kids, dudes should hope for super-sperm. A Danish study of 40,000 men published in the American Journal of Epidemiology found that the fellows with the highest-quality sperm had the longest life span and the lowest risk of multiple diseases, including cancer and respiratory problems. If you find out your semen doesn't measure up, don't freak out. But researchers suggest you get screened for other illnesses.

INJURY

Pass on Gym Class

■ Schools have been catching flak for cutting back on physical education, but maybe that's better for kids' health than we realize. According to researchers at Ohio State University, the number of injuries in gym class has skyrocketed over the past 10 years from 24,000 in 1997 to 62,000 in 2007. Boys are more likely to bash their heads during collisions with others, while girls have a tendency to sprain their legs while exercising on their own.

SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

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PERSONAL TRAINERS MAKE THE DIFFERENCE

For 12 weeks, 6 Express readers are competing for $5,000 and a one-year membership to Gold's Gym. Challengers are racking up points for losing unwanted weight and winning fitness challenges. To help them lose the weight and prepare for these challenges, each contestant is given one hour each week to workout with their personal trainer. The challenger with the most points at the end of 12 weeks wins!

In only one hour a week, Gold's Gym personal trainers can teach you about nutrition, strength straining and cardiovascular training, and show you how to combine those to reach your ultimate goal. More than that, the education they provide can last a lifetime.

STRUCTURE & RESULTS

Anthony has been working out with his personal trainer, Cameron, at the Fairfax Station Gold's Gym. These two became fast friends. They were both football players in school, and Anthony said, "I think I'll be a better athlete after the challenge because of the knowledge Cameron has shared with me." When Anthony shows up to work out, he knows that Cameron will be there, ready with structured, personalized workouts to attack his fitness goals. Working with Cameron has helped Anthony to lose almost 25 pounds already.

ANTHONY SAYS: *"Working with Cameron has helped me learn more about what exercises and techniques really work with my body and truly produce results."*

CAMERON SAYS: *"As his personal trainer, I'm here to help Anthony focus and stay motivated, to take the stress out of the process."*

A MOTIVATING FAN

Jamie, who has been working out at the Merrifield Gold's Gym, says nothing has been more motivating for her during this competition than her personal trainer, Erin. Jamie has had to deal with some serious knee problems that have bothered her for years. So Erin helped her find a cardio machine that is easier on her knees. Jamie told us, "The rowing machine allows me to burn just as many calories, gets my heart rate pumping, and it works all my muscles!" Despite her issues with her knee, Jamie has continued to make progress towards her goal every week! She has lost over 13 pounds so far!

JAMIE SAYS: *"Any time I start to get discouraged, Erin finds a way to pull me through."*

ERIN SAYS: *"As Jamie's trainer, I am her biggest fan. I keep her motivated and we have fun in every session!"*

Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness. Membership information at: www.goldsgym.com

Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

Cheer for your favorite challengers online at www.expressnightout.com/goldschallenge

CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	POINTS	
				WEIGHT LOSS	TOTAL
KIM	181.8	178.2	1.98	6	30
MEAGHAN	177.8	176.2	0.89	2	27
ANTHONY	249.0	246.0	1.20	3	24
GREG	226.0	224.0	0.88	1	23
LARRY	338.2	333.2	1.47	5	22
JAMIE	190.6	188.0	1.36	4	19

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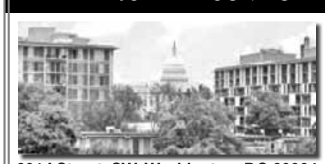

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lookout

Mini-Republican
'The View's' Elisabeth Hasselbeck welcomes her third child | 30

JIM DYSON/GETTY IMAGES

Byrne mans the controls of his creation.

Byrne Builds Big And Loud

The ex-Talking Head turns an engine shed into an instrument

INNOVATION | David Byrne doesn't want to rock the building, but it may shake a little.

The ex-Talking Heads frontman has turned London's Roundhouse, a former railway engine shed, into a musical instrument for the installation "Playing the Building."

The work invites visitors to make the brick and iron structure vibrate and oscillate through a series of wires and cables attached to the body of an old-fashioned pump organ.

"You can't play Bach," Byrne said Friday — and that is part of the appeal. "It kind of levels the playing field as far as performance goes.

Usually, the building plays host to the music of others. Byrne said that role reversal is part of the appeal of "Playing the Building." "We're very used to consuming art and culture," he said. "In this case, you have to do it." JILL LAWLESS (AP)

The Broken Hearts Club

Mindy Smith proves herself to be a proud member on her new album, 'Stupid Love'

MUSIC | Folk Singer Mindy Smith isn't hiding anything with the title of her fourth album, "Stupid Love"; these are songs about amour, through and through.

Buffeted by Smith's soft-spoken soprano, the tunes are reminiscent of Jewel's low-key debut album. Some of the brokenhearted songs are so melancholy that Smith seems absolutely shattered, while the more passionate numbers are painfully understated, like she's guarding herself from feeling too much too soon.

> Some of the brokenhearted songs are so melancholy that Smith seems absolutely shattered.

"If I Didn't Know Any Better" is a lilting tune about reluctantly falling in love that has an instantly catchy melody. In this case, the recognizability may be warranted: Alison Krauss recorded the song for her 2004 album "Lonely Runs Both Ways." But where Krauss has an angelic purity to her voice, Smith sings with such an unenthused sigh that her heavy heart almost drips out of the speakers. Krauss sounds like she's surrendered to the ride, where Smith is still resisting. It's a subtle distinction, but Smith brings a depth to her words that Krauss just can't convey.

The strength of Smith's lyrics is in her conversational style: "Love Lost" begins with a confession ("It's been a long, hot summer and I'm still trying to leave you alone"), while "Bad Guy" finds her weighing an imbalanced relationship ("Am I just someone you call when you need someone to keep?"). Both songs are all the more downhearted with Smith's somber tone: It's as if she's just realized that these relationships are doomed to fail, and she can't even muster up the anger to fight it.

Smith has always sounded better from a position of dejection; the less successful her relationships are, the more genuine she seems. Her happier tunes on "Stupid Love" — "Love Chases After Me" and the duet "True Love Of Mine" — are a bit too syrupy for someone of her depth.

Thankfully, most of "Love" comes from a less chipper place: that understated heartbreak that Smith does so exceptionally well.

CATHERINE LEWIS

COURTESY TRACI GOUDIE

GRIEF BECOMES HER: Her latest offering confirms that when Smith's love life is in ruins, her music is at its most poignant.

expressnightout

→ To stream Mindy Smith's brand-new album, "Stupid Love," in its entirety, visit our Web site.

WWW.EXPRESSNIGHTOUT.COM

TRIBUTE **Royal Treatment** It's a concert venue fit for a king — even the King of Pop. Vienna's majestic Schoenbrunn Palace, once home to Emperor Franz Joseph and his wasp-waisted consort, Empress Sisi, will serve as the backdrop for what organizers billed Monday as a "global" farewell tribute to Michael Jackson next month. Members of Jackson's family and a "high-profile lineup of international stars" will perform on a multimedia stage built in the shape of a giant crown on the palace's sculpted grounds. (AP)

expressnightout.com lookout

MARVIN JOSEPH/TWP

2 Fair Maryland

There are lots of reasons to stop by the Howard County Fair: see the animals, sample the delectable fried food, silently judge a cow-milking contest. You could see the cooking competitions or the car show, or check out some of the live concerts. We'll be going just for the carnival rides, of course, but that's how we roll. F.Z.

➜ *Howard County Fairgrounds, 2210 Fairground Road, West Friendship, Md.; through Aug. 15, $5, $2 seniors, free for kids younger than 12; 410-442-1022, Howardcountyfair.org.*

1 Are You In?

Hip-hop legend De La Soul finally released a new album after a three-year break to tour and play pool or whatever the members do. Anyway, its rhymes are as clever and its samples as cool as they ever were. If you can't catch tonight's concert in D.C., De La Soul is playing tomorrow at Ram's Head in Baltimore. Two chances, no excuses. Both shows are backed by the Rhythm Roots Allstars. F.Z.

➜ *9:30 Club, 815 V St. NW; 7 p.m., $25; 202-265-0930, 930.com. (U St.-Cardozo)*

top stops

Compiled by Express' Topher Forhecz and Fiona Zublin. Read more of their picks every day at **Expressnightout.com/topstops.**

ELEENA FIKHMAN/WOLF TRAP

3 Rocking Like It's 1969

Every year Wolf Trap hosts Hippiefest, a mini-Woodstock that gives baby boomers a chance to trade in their Dockers for that dusty leather beaded vest they've been hiding in the attic all these years. Aging hippies and younger generations alike will be treated to classic rock acts such as Mountain and Badfinger. At least for a night, 40- and 50-somethings can still stick it to the man like they don't actually work for him. T.F.

➜ *Wolf Trap, 1551 Trap Road, Vienna, Va.; 8 p.m., $25-$42; 703-255-1868, Wolftrap.org.*

REGAL ENTERTAINMENT GROUP

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

G.I. JOE (PG-13) ★ (1230 130 330 430) 630 730 930 1030
JULIE & JULIA (PG-13) (100 400) 700 1000
PERFECT GETAWAY (R) - ID REQ'D (1210 240 510) 800 1035
OC & DA: FUNNY PEOPLE (R) - ID REQ'D (1220 PM) 1035 PM
FUNNY PEOPLE (R) - ID REQ'D (1120 250 350) 620 720 950
ALIENS IN THE ATTIC (PG) (1150 210 440) 650 910
G-FORCE (PG) (1240 PM 300 PM 520 PM)
G-FORCE 3D - EVENT PRICING (PG) ★ (1100 120 340) 610 840
THE ORPHAN (R) - ID REQ'D 750 PM 1040 PM
THE UGLY TRUTH (R) - ID REQ'D (1250 320) 600 830 1055
500 DAYS OF SUMMER (PG-13) (1200 220 450) 710 940
HARRY POTTER: HALF BLOOD PRINCE (PG) (1140 310) 640 1010
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1110 AM)
HANGOVER (R) - ID REQ'D (230 520) 820 1045

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

G.I. JOE (PG-13) ★ (130 230 430 515) 715 800 1000 1045
JULIE & JULIA (PG-13) (100 350) 700 945
500 DAYS OF SUMMER (PG-13) (200 445) 730 950
PERFECT GETAWAY (R) - ID REQ'D (215 500) 745 1015
FUNNY PEOPLE (R) - ID REQ'D (100 210 520) 720 830
OC & DA: FUNNY PEOPLE (R) - ID REQ'D (410 PM) 1040 PM
ALIENS IN THE ATTIC (PG) (120 340) 645 930
THE COLLECTOR (R) - ID REQ'D 750 PM 1030 PM
THE UGLY TRUTH (R) - ID REQ'D (145 450) 740 1010
THE ORPHAN (R) - ID REQ'D 810 PM 1050 PM
G-FORCE 3D - EVENT PRICING (PG) ★ (220 440) 720 940
G-FORCE (PG) (115 PM 345 PM)
HARRY POTTER: HALF BLOOD PRINCE (PG) (1245 400) 710 1020
ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 330) 630 915
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (110 PM 420 PM)

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

G.I. JOE (PG-13) ★ (115 415 515) 700 800 940 1040
PERFECT GETAWAY (R) - ID REQ'D (1240 305 535) 750 1005
JULIE & JULIA (PG-13) (130 430) 730 1015
ALIENS IN THE ATTIC (PG) (1225 230 435) 645 900
FUNNY PEOPLE (R) - ID REQ'D (100 140 405 500) 715 815 1030
OC & DA: THE UGLY TRUTH (R) - ID REQ'D (310 PM) 1035 PM
THE ORPHAN (R) - ID REQ'D 735 PM 1025 PM
THE UGLY TRUTH (R) - ID REQ'D (1250 PM 530 PM) 755 PM
G-FORCE (PG) (105 PM 315 PM 525 PM)
G-FORCE 3D - EVENT PRICING (PG) ★ (1235 245 455) 720 930
500 DAYS OF SUMMER (PG-13) (1225 250 505) 745 1010
HARRY POTTER: HALF BLOOD PRINCE (PG) (1230 345) 705 1020
ICE AGE: DAWN OF THE DINOSAURS (PG) (1245 PM 300 PM 520 PM)
HURT LOCKER (R) - ID REQ'D (1255 350) 650 945
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (200 PM)
HANGOVER (R) - ID REQ'D 805 PM 1045 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

G.I. JOE (PG-13) ★ (1120 1240 120 200 320 400 440) 600 640 720 840 920 1000
RW: G.I. JOE (PG-13) ★ (1200 240 520) 800 1040
PERFECT GETAWAY (R) - ID REQ'D (1215 255 550) 810 1030
FUNNY PEOPLE (R) - ID REQ'D (1130 135 250 445) 615 745 930 1050
THE COLLECTOR (R) - ID REQ'D (1125 140 350) 610 845 1110
ALIENS IN THE ATTIC (PG) (1220 245 500) 710 925
G-FORCE 3D - EVENT PRICING (PG) ★ (1225 235 450) 700 910
G-FORCE (PG) (1140 AM 205 PM 415 PM)
THE ORPHAN (R) - ID REQ'D (1135 230 540) 825 1105
THE UGLY TRUTH (R) - ID REQ'D (1250 310 530) 750 1010
HARRY POTTER: HALF BLOOD PRINCE (PG) (115 430) 740 1100
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1100 110 330 545) 800 1040
PUBLIC ENEMIES (R) - ID REQ'D 655 PM 955 PM
HURT LOCKER (R) - ID REQ'D (125 420) 715 1025
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1230 405) 730 1055
THE PROPOSAL (PG-13) (1105 155 435) 705 950
HANGOVER (R) - ID REQ'D (100 315 535) 805 1020
UP (PG) (1235 300 525) 755 1035
Free Family Film Festival Tue & Wed 10AM

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

RW: G.I. JOE (PG-13) ★ (100 400) 715 1000
G.I. JOE (PG-13) ★ (1230 320) 630 930
JULIE & JULIA (PG-13) (1215 305) 700 950
PERFECT GETAWAY (R) - ID REQ'D (1200 230 500) 730 1015
FUNNY PEOPLE (R) - ID REQ'D (1205 1245 330 405) 645 720 945 1030
THE COLLECTOR (R) - ID REQ'D (1240 300 510) 740 1005
ALIENS IN THE ATTIC (PG) (1235 250 500) 735 955
THE ORPHAN (R) - ID REQ'D (1255 345) 650 935
THE UGLY TRUTH (R) - ID REQ'D (1250 310 530) 750 1020
G-FORCE (PG) (1220 245 455) 705 925
HARRY POTTER: HALF BLOOD PRINCE (PG) (1155 315) 640 1010
ICE AGE: DAWN OF THE DINOSAURS (PG) (1210 PM 225 PM 440 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1225 PM 340 PM) 725 PM
THE PROPOSAL (PG-13) 710 PM 940 PM
HANGOVER (R) - ID REQ'D 1040 PM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

JULIE & JULIA (PG-13) (145 430) 715 1000
G.I. JOE (PG-13) ★ (1140 220 500) 740 1020
PERFECT GETAWAY (R) - ID REQ'D (100 320 540) 800 1020
ALIENS IN THE ATTIC (PG) (1245 255 500) 710 920
FUNNY PEOPLE (R) - ID REQ'D (1150 315) 645 945
THE UGLY TRUTH (R) - ID REQ'D (1240 300 530) 750 1010
G-FORCE (PG) (1205 220 435) 650 910
HARRY POTTER: HALF BLOOD PRINCE (PG) (1220 340) 700 1020
THE PROPOSAL (PG-13) (1210 240 515) 745 1025
HANGOVER (R) - ID REQ'D (1145 230 500) 720 1000

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

G.I. JOE (PG-13) ★ (1100 1155 130 230 415 515) 700 800 945 1045
PERFECT GETAWAY (R) - ID REQ'D (1150 225 445) 720 1030
JULIE & JULIA (PG-13) (1110 150 430) 715 1000
THE COLLECTOR (R) - ID REQ'D (1105 115 325 535) 805 1025
ALIENS IN THE ATTIC (PG) (1100 110 320 530) 740 955
FUNNY PEOPLE (R) - ID REQ'D (1210 1240 335 400) 640 710 950 1020
G-FORCE (PG) (1200 PM 235 PM 500 PM)
THE ORPHAN (R) - ID REQ'D (1115 145 435) 725 1020
THE UGLY TRUTH (R) - ID REQ'D (1215 245 520) 745 1015
G-FORCE 3D - EVENT PRICING (PG) ★ (1125 155 420) 655 915
HARRY POTTER: HALF BLOOD PRINCE (PG) (1205 330) 645 1000
THE PROPOSAL (PG-13) 735 PM 1005 PM
HANGOVER (R) - ID REQ'D (1250 315 545) 815 1040
BARNYARD (PG) (1000 AM)
CHARLOTTE'S WEB (G) (1000 AM)
Free Family Film Festival - Today 10AM

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

G.I. JOE (PG-13) ★ (1200 145 300) 430 620 720 910 1010
JULIE & JULIA (PG-13) (1245) 400 700 950
PERFECT GETAWAY (R) - ID REQ'D (1145 220) 500 735 1000
OC & DA: FUNNY PEOPLE (R) - ID REQ'D 345 PM 1030 PM
THE COLLECTOR (R) - ID REQ'D 310 PM 800 PM
ALIENS IN THE ATTIC (PG) (1140 150) 410 640 900
FUNNY PEOPLE (R) - ID REQ'D (1230) 610 710 930
THE ORPHAN (R) - ID REQ'D (140) 440 750 1040
THE UGLY TRUTH (R) - ID REQ'D (1135 200) 425 650 940
G-FORCE 3D - EVENT PRICING (PG) ★ (130 350) 630 845
500 DAYS OF SUMMER (PG-13) (1150 230) 540 810 1035
HARRY POTTER: HALF BLOOD PRINCE (PG) (1220) 340 705 1025
BRUNO (R) - ID REQ'D (1250 PM) 530 PM 1020 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1130 AM 245 PM)
HANGOVER (R) - ID REQ'D (1150 230) 540 810 1035

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

PERFECT GETAWAY (R) - ID REQ'D (1210 250 525) 800 1035
JULIE & JULIA (PG-13) (1230 130 330 430) 630 730 930 1030
THE COLLECTOR (R) - ID REQ'D 750 PM 1025 PM
FUNNY PEOPLE (R) - ID REQ'D (1250 PM 405 PM) 740 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (315 PM) 650 PM 1015 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (1205 PM 240 PM 510 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1200 PM)
STAR TREK (PG-13) (320 PM) 620 PM 920 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

G.I. JOE (PG-13) ★ (1240 140 240 335 435 535) 630 730 830 945 1025
PERFECT GETAWAY (R) - ID REQ'D (1135 210 445) 720 955
JULIE & JULIA (PG-13) (1020 120 420) 740 1040
THE COLLECTOR (R) - ID REQ'D (1140 205 430) 705 930
ALIENS IN THE ATTIC (PG) (1110 135 400) 625 850
OC & DA: FUNNY PEOPLE (R) - ID REQ'D (310 PM) 1015 PM
FUNNY PEOPLE (R) - ID REQ'D (1155 1255 410) 650 750
G-FORCE (PG) (1100 AM 125 PM 350 PM)
G-FORCE 3D - EVENT PRICING (PG) ★ (1200 225 450) 710 935
THE ORPHAN (R) - ID REQ'D (1050 150 500) 800
THE UGLY TRUTH (R) - ID REQ'D (1120 155 440) 725 1000
HARRY POTTER: HALF BLOOD PRINCE (PG) (1130 300) 640 1005
PUBLIC ENEMIES (R) - ID REQ'D (350 PM) 1030 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 PM) 700 PM
THE PROPOSAL (PG-13) 610 PM 910 PM
HANGOVER (R) - ID REQ'D (1035 110 345) 620 900
Free Family Film Festival - Today 10AM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

RW: G.I. JOE (PG-13) ★ (1240 325) 615 900
G.I. JOE (PG-13) ★ (1100 1145 140 225 425 510) 715 800 1000 1040
PERFECT GETAWAY (R) - ID REQ'D (1120 150 415) 645 910
JULIE & JULIA (PG-13) (1110 200 450) 745 1035
FUNNY PEOPLE (R) - ID REQ'D (1130 1250 245 400) 610 710 925 1025
THE COLLECTOR (R) - ID REQ'D (355 PM) 950 PM
ALIENS IN THE ATTIC (PG) (215 430) 650 915
G-FORCE (PG) (1215 PM 230 PM 455 PM)
THE ORPHAN (R) - ID REQ'D 740 PM 1030 PM
THE UGLY TRUTH (R) - ID REQ'D (250 515) 755 1015
G-FORCE 3D - EVENT PRICING (PG) ★ (1115 125 345) 630 850
500 DAYS OF SUMMER (PG-13) (1105 125 340) 600 820 1040
HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 335) 700 1020
ICE AGE: DAWN OF THE DINOSAURS (PG) (1125 AM 145 PM 405 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1235 PM) 625 PM
THE PROPOSAL (PG-13) (205 435) 705 935
HANGOVER (R) - ID REQ'D 635 PM 905 PM
BARNYARD (PG) (1000 AM)
CHARLOTTE'S WEB (G) (1000 AM)
Free Family Film Festival Tue & Wed 10AM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

500 DAYS OF SUMMER (PG-13) (140 415) 750 1015
G.I. JOE (PG-13) ★ (1200 1240 110 200 250 330 400 450 540) 620 700 740 830 910 950 1030
PERFECT GETAWAY (R) - ID REQ'D (1245 310) 625 900
JULIE & JULIA (PG-13) (120 420) 720 1020
OC & DA: FUNNY PEOPLE (R) - ID REQ'D (355 PM) 1025 PM
THE COLLECTOR (R) - ID REQ'D 705 PM 945 PM
ALIENS IN THE ATTIC (PG) (1205 225 445) 705 930
FUNNY PEOPLE (R) - ID REQ'D (1230 210 530) 710 850
G-FORCE (PG) (115 350) 615 845
THE ORPHAN (R) - ID REQ'D 635 PM 930 PM
THE UGLY TRUTH (R) - ID REQ'D (230 500) 730 1000
G-FORCE 3D - EVENT PRICING (PG) ★ (1210 240 510) 745 1005
HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 315) 630 945
PUBLIC ENEMIES (R) - ID REQ'D (340 PM) 1010 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 320) 610 840
MY SISTER'S KEEPER (PG-13) (150 PM 435 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1220 PM) 650 PM
THE PROPOSAL (PG-13) (1225 300) 645 925
HANGOVER (R) - ID REQ'D (100 335) 630 905
UP (PG) (100 PM 345 PM)

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

G.I. JOE (PG-13) ★ (1140 220 320 500) 600 740 840 1020
RW: G.I. JOE (PG-13) ★ (140 420) 700 940
JULIE & JULIA (PG-13) (1110 200 445) 730 1025
PERFECT GETAWAY (R) - ID REQ'D (1240 310 540) 800 1030
500 DAYS OF SUMMER (PG-13) (1150 210 430) 715 950
THE COLLECTOR (R) - ID REQ'D 900 PM
ALIENS IN THE ATTIC (PG) (130 350) 630 850
FUNNY PEOPLE (R) - ID REQ'D (1030 1250 150 400 520) 710 830 1015
G-FORCE (PG) (1105 120 340) 610
THE ORPHAN (R) - ID REQ'D 820 PM
THE UGLY TRUTH (R) - ID REQ'D (1020 1230 250 515) 745 1000
G-FORCE 3D - EVENT PRICING (PG) ★ (1010 1220 240 510) 720 930
HARRY POTTER: HALF BLOOD PRINCE (PG) (1210 330) 650 1005
ICE AGE: DAWN OF THE DINOSAURS (PG) (1245 PM 300 PM) 620 PM
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (1200 PM)
THE PROPOSAL (PG-13) (410 PM) 640 PM 910 PM
HANGOVER (R) - ID REQ'D (230 530) 750 1010
UP (PG) (1115 AM 145 PM)
Free Family Film Festival Tue & Wed 10AM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

G.I. JOE (PG-13) ★ (1100 1140 1230 110 150 230 320 400 440 520) 610 650 730 810 900 940 1020
THE COLLECTOR (R) - ID REQ'D 1035 PM
THE UGLY TRUTH (R) - ID REQ'D (1150 220 450) 745 1010
500 DAYS OF SUMMER (PG-13) (1130 210 330 430) 640 740 910 1000
HARRY POTTER: HALF BLOOD PRINCE (PG) (1110 1220 240 350) 630 720 950
ICE AGE: DAWN OF THE DINOSAURS 3D - EVENT PRICING (PG) ★ (1120 200 420) 710 930
UP (PG) (1210 PM)

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

G.I. JOE (PG-13) ★ (1115 130 230 415 515) 700 800 945 1045
PERFECT GETAWAY (R) - ID REQ'D (1130 215 500) 745 1020
JULIE & JULIA (PG-13) (1015 200 445) 730 1015
THE COLLECTOR (R) - ID REQ'D 815 PM 1040 PM
ALIENS IN THE ATTIC (PG) (220 440) 710 940
FUNNY PEOPLE (R) - ID REQ'D (1200 1245 315 400) 630 715 1000 1030
G-FORCE (PG) (1145 AM 300 PM)
THE ORPHAN (R) - ID REQ'D 950 PM
THE UGLY TRUTH (R) - ID REQ'D (145 430) 750 1010
G-FORCE 3D - EVENT PRICING (PG) ★ (1230 345) 615 845
500 DAYS OF SUMMER (PG-13) (1100 115 330) 645 900
HARRY POTTER: HALF BLOOD PRINCE (PG) (1045 245) 600 915
ICE AGE: DAWN OF THE DINOSAURS (PG) (100 PM 530 PM)
TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) (220 PM) 610 PM
THE PROPOSAL (PG-13) 650 PM 930 PM

Times For 08/11 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.REGmovies.com

Are You A Trauma Survivor?

Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?
• Difficulty getting rid of troubling images or thoughts of the Trauma
• Flashbacks or nightmares • Avoiding people or places
• Feeling anxious or jumpy

If so, you may be suffering from Post-Traumatic Stress Disorder (PTSD). Call us to see if you qualify for:

• A brain imaging research study.

Must be between 18-55 years old. This study involves up to five half-day visits to the NIMH outpatient clinic in Bethesda, Maryland.

Mental health assessment at no cost - Transportation reimbursement is available
Compensation for brain imaging

Call: **301-402-6856**
(TTY: 1-866-411-1010)
http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services
NIMH National Institute of Mental Health

03-M-0292

Are you an overweight woman?

What:
To study the effects of a medication that might make people feel less hungry.

Who:
• Healthy overweight women
• Age 18-70
• Non-smokers without asthma or diabetes

Where:
NIH Clinical Center in Bethesda, MD.

There is no charge for study-related tests or medications.

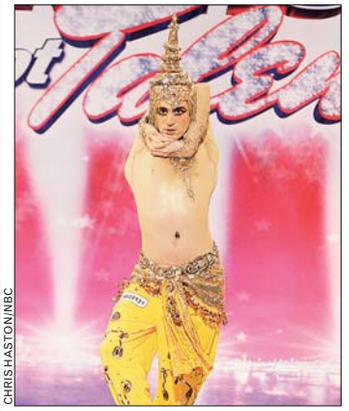
Compensation will be provided.

For information please call:
301-594-3198
TTY: 1-866-411-1010
Se habla español
www.clinicaltrials.gov
keyword BETAHISTINE
Refer to study # 07-CH-0126

Department of Health and Human Services
National Institutes of Health
NIH Clinical Center

lookout television

America's Got Nada To Watch


CHRIS HASTON/NBC

No plans tonight? Watch three-straight hours of "America's Got Talent" on NBC.

VOID | The second week in August is as good a time as any to book a vacation, and that's precisely what the networks seem to have done. One glance at the night's schedule and you get the feeling that everyone's gone fishing.

NBC slides into its comfort zone with three hours of "America's Got Talent" (a rerun at 8 p.m., and new episodes at 9 p.m. and 10 p.m., NBC). The network has a long history of running its few unscripted successes ("The Apprentice," "Biggest Loser") into the ground through overexposure. Come September, they will make saturation a permanent part of their strategy with a five-night-a-week prime-time Jay Leno barrage.

ABC coasts by this week by recycling "Who Wants to be a Millionaire" (8 p.m., ABC), a series introduced as lazy summer programming in 1999.

Fox showcases an internationally loathed kitchen bully on "Hell's Kitchen," then airs the plus-sized variation on "The Bachelor," "More to Love."

CBS has continued to dominate ratings, not with its silly summer fare but with repeats of its hour-long dramas. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

SMOKY DUO
LORDS OF THE REVOLUTION (8 p.m., VH1) profiles Cheech and Chong.

BIG AND TALL TUX
Luke stages a prom night on **MORE TO LOVE** (9 p.m., Fox).

ANOTHER DAY AT THE OFFICE
Pete and Myka return to Secret Service duty to retrieve an enchanted artifact on **WAREHOUSE 13** (9 p.m., SyFy).

MINI-REVS
MTV offers a second season of **DADDY'S GIRLS** (10 p.m., MTV), a spin-off series featuring the daughters of Rev Run.

HEAR THEM ROAR
Scheduled on **PRIMETIME** (10 p.m., ABC): living with lions. Not to be confused with **LION FEEDING FRENZY** (10 p.m., Animal Planet).

THIRD WHEEL
Tommy comes between Kelly and Damian on **RESCUE ME** (10 p.m., FX).

THE ANTI-SUBSTANCE ABUSE
A&E offers a documentary look at Warren Boyd, the real-life inspiration for its scripted series "The Cleaner." Meredith Vieira narrates **EXTREME INTERVENTIONIST: THE MAN BEHIND THE CLEANER** (11 p.m., A&E).

COURTESY OF PHOTOFEST

Cheech Marin and Tommy Chong are profiled on "Lords of the Revolution."

NEW REPUBLIC EDITOR
Jonathan Cohn is booked on **THE COLBERT REPORT** (11:30 p.m., Comedy Central). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE).

Not Dad's Buick

'10 LaCrosse closes gap with Lexus in luxury sedan market

FOGEYS | Fighter pilots call it "target fixation" when you become so focused on a single adversary that you lose situational awareness and fly into something large and obvious, like the ground.

Buick's 2010 LaCrosse — a near-luxury, mid-size-to-large sedan — was built to put the cross-hairs on a single bogie, the Lexus ES350, and, I'll tell you right now: It blows the Lexus out of the sky.

With all of the semiconductor circuitry, servos, gadgets and displays, the LaCrosse feels deeply, foundationally sound. All is hushed and serene. Everything is damped. The whole car feels packed in ermine. It is an American Lexus.

This is a brand in a hole the size of AIG's. Not only is Buick synonymous with "Matlock"-watching folks (the average age of a Buick buyer is 68); the parent company, GM, is feeling the unaccustomed disdain of Red State America on account of the Obama administration's $83.5 billion auto-industry bailout.

The exterior styling is really strong in every direction but the front. I can't quite fathom the headlight design, which looks like Dame Edna's spectacles.

Is the LaCrosse enough of a car for Americans to hold their noses past the stink of bankruptcy and the reek of government ownership? It's a pretty great car, but, honestly, I think the LaCrosse would have to come equipped with naked wood nymphs to placate these dissidents.

Still, the LaCrosse is the car that most thought couldn't be built by Buick. It's actually desirable. On the long road to recovery, it's a good start. DAN NEIL (LOS ANGELES TIMES)

JEFF AMLOTTE/LOS ANGELES TIMES

The thoughtfully designed and desirable 2010 Buick LaCrosse CXS is the car that most thought Buick couldn't build. But Buick is a brand stuck in a major hole.

NUTS & BOLTS

→ 2010 BUICK LACROSSE CXS

$33,765

Powertrain: 3.6-liter direct-injection DOHC V-6 with variable valve timing; six-speed automatic transmission with manual shift mode; front-wheel drive | **Wheelbase:** 111.7 inches | **Measurements:** 196.9 inches long, 4,016 pounds | **Horsepower:** 280 hp at 6,300 rpm | **Torque:** 259 pound-feet at 4,300 rpm | **0-60 mph:** 7.5 seconds | **EPA fuel economy:** 17 mpg city; 27 mpg highway

DISCUSSIONS

REAL WHEELS

We have a 1997 Civic EX that is running fine. Do the common safety features in today's cars (side impact airbags, curtain airbags, etc.) make it worthwhile to buy a new car? Are there other features on today's cars that are significantly safer than in 1997?
Yes, the more safety systems, the better. But also true is that your best safety system is represented by seat belts. Buckle them. You'll be OK with money in your pocket.

What do you think about the new Cadillac CTS Sport Wagon? As a hip, 30-something white guy, I never thought I'd be interested in a Cadillac, but this looks very sweet and seems to provide extra utility, too. How are Cadillacs doing in terms of quality these days?
You hit it on the head. The new Cadillac wagon is for the hip guy of any ethnicity who wants to haul a family minus the emotional baggage of hauling a minivan or SUV. Frankly, I think it's about time. And good quality all around at Caddy.

When will the 2010 Honda CR-Vs be available? Also, what are your thoughts about the Nissan Rogue and Toyota Venza in comparison?
The 2010 CR-V should be out this fall. It, the Nissan Rogue, Toyota Venza and now the reborn Chevrolet Equinox are all competing for dollars in the compact crossover utility wagon segment. Shop carefully. Quality competition is intense here. That means value where you might least expect it.

> The [Elantra Touring] is a solid urban-surburban commuter. But keep it off the highway.

What do you think about the Hyundai Elantra Touring? We are looking for an economical vehicle for a family of four: two adults, two small children. I like how it's a wagon and gets less gas mileage than an SUV.
It's a terrific urban-suburban commuter. But please keep it off the highway, where it displays a decided lack of guts.

Mercedes hasn't offered a diesel E-Class wagon in the U.S. for about 15 years. Will the redesigned 2010 have a diesel option?
There will be an E-Class diesel sedan. I haven't heard anything about a wagon.

washingtonpost.com
Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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Poll Center

DO WASHINGTONIANS COMPLAIN TOO MUCH ABOUT THE HOT WEATHER?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 82%

NO 18%

"No. D.C.'s weather sucks! Those of you who enjoy living in a swamp are welcome to it. Unlike the rest of you rich [people], I cannot afford to move."

AN ANONYMOUS COMMENTER

"Most Washingtonians I know take the heat in stride. They realize, like I do, that the dog days of August will soon give way to the most amazing weather of all: autumn. Come on, September!"

COMMENTER DIOGENES

"I've noticed that those from D.C. don't complain, but those Washingtonians who are not from here (which seems to be the majority) whine a lot about it."

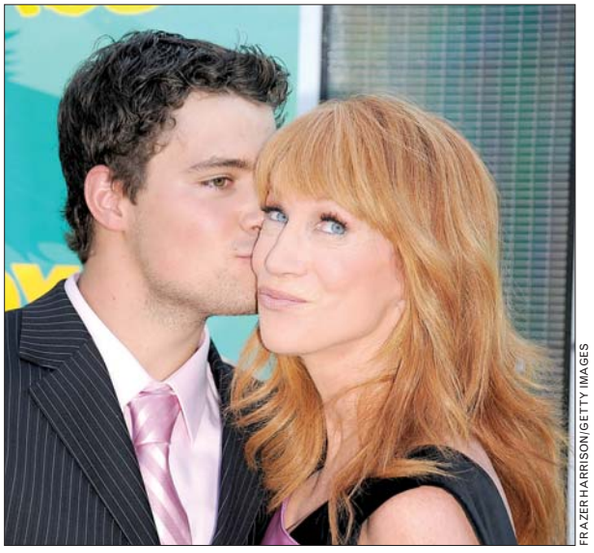
COMMENTER MILES TOGOGH

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"FOR SOMEONE who loves to cook and loves to blog, 'Julie and Julia' is the perfect movie. [I] saw it and identified with so many scenes and emotions."

LOOKING2LIVE.BLOGSPOT.COM RECOMMENDS THE MOVIE BUT CONTENDS THAT A FEW OF ITS PREMISES ARE TOTALLY UNREALISTIC AND IMPRACTICAL.



FRAZER HARRISON/GETTY IMAGES

"I HATE SHARK WEEK. Sharks are probably the lamest animals in the whole world. First of all, they're a type of fish. Fish blow. You know what doesn't blow? Tigers. They are majestic and pretty and great lovers. Wait, what? Never mind."

IHATESOMUCH.COM HAS UNOFFICIALLY DECLARED THIS WEEK TIGER WEEK IN OPPOSITION TO THE DISCOVERY CHANNEL'S POPULAR FEATURE.

"Griffin's a savvy, recently dumped publicity-whore, and Levi's a simple, recently dumped publicity whore, so this makes perfect sense."

GAWKER.COM IS TOTALLY FINE WITH COMEDIAN KATHY GRIFFIN'S GOING INTO FULL PUBLICITY STUNT MODE WITH LEVI JOHNSTON — THE FATHER OF SARAH PALIN'S GRANDCHILD — AS HER DATE FOR SUNDAY'S TEEN CHOICE AWARDS.

"Bob Dylan is officially an old fogey — reports [say] he's getting ready to release a Christmas album."

THEDAILYBEAST.COM DOESN'T HAVE MUCH INTEREST IN THE ICONIC ARTIST'S NEWEST VENTURE. DYLAN WAS RAISED JEWISH BUT WAS A CHRISTIAN FOR A WHILE.

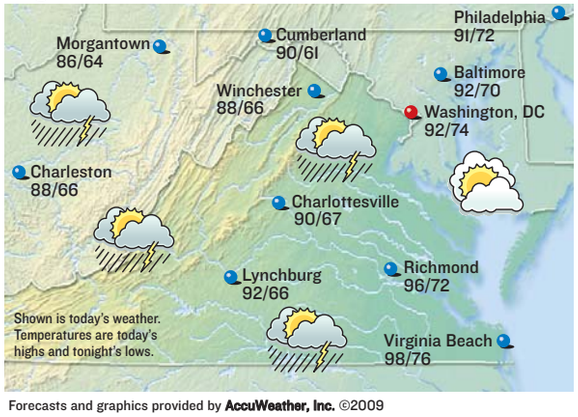
"SHOPPING FOR JEANS is never fun. I generally have to psych myself up for the event, and even then I leave the fitting room with my ego battered and bruised, but my wallet intact since nothing fit."

PITHYCOMMENTS.WORDPRESS.COM IS HAVING TROUBLE FINDING DENIM TO WEAR BECAUSE OF MANY STORES' RESTRICTIVE SIZING METHODS.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Thunderstorm	Mostly cloudy	Thunderstorm	Partly sunny	Storm possible	Partly sunny
92°	74°	85° / 69°	80° / 69°	86° / 71°	86° / 71°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	96°
Low	76°
Normal high	87°
Normal low	70°
Average humidity	48%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.56"
Normal month to date	1.10"
Year to date	24.76"
Last year to date	32.68"
Normal year to date	23.92"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

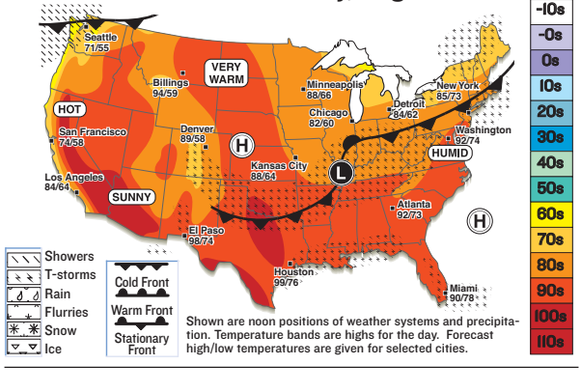
D.C. Metro: Today, partly sunny, thunderstorm. High 92. Wind west 8-16 mph. Tonight, mostly cloudy, humid. Low 74. Wind north 4-8 mph.

Sun and Moon

Sunrise today	6:18 a.m.
Sunset tonight	8:08 p.m.
Moonrise today	10:32 p.m.
Moonset today	11:49 a.m.

Last	New	First	Full
Aug 13	Aug 20	Aug 27	Sept 4

National Weather for Tuesday, August 11



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	92/73/t	87/70/t
Boston	80/68/t	78/63/pc
Chicago	82/60/pc	81/57/s
Dallas	100/78/t	97/76/pc
Denver	89/58/s	92/59/pc
Honolulu	89/77/sh	88/75/pc
Los Angeles	84/64/pc	86/66/pc
Miami	90/78/t	90/78/t
New York City	85/73/t	86/70/pc
Orlando	94/74/t	93/75/t
Seattle	71/55/pc	73/53/c

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	72/59/c	70/55/r
Athens	86/72/s	84/70/s
Berlin	72/55/pc	70/54/sh
Buenos Aires	62/50/pc	66/54/pc
Calgary	68/44/pc	66/46/s
Dublin	70/55/sh	64/52/pc
Geneva	77/56/s	78/57/s
Moscow	73/52/pc	77/57/pc
Rome	86/66/s	88/68/s
Sydney	66/50/sh	66/48/pc
Tokyo	85/77/t	85/77/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

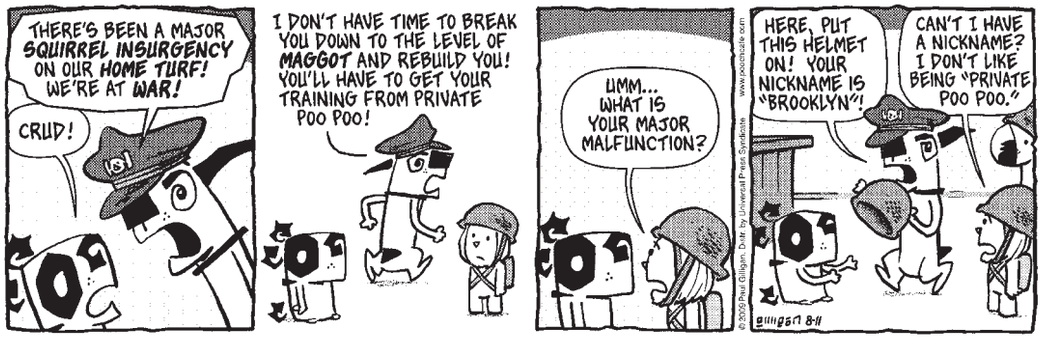
comics lookout

Bizarro | *Dan Piraro*

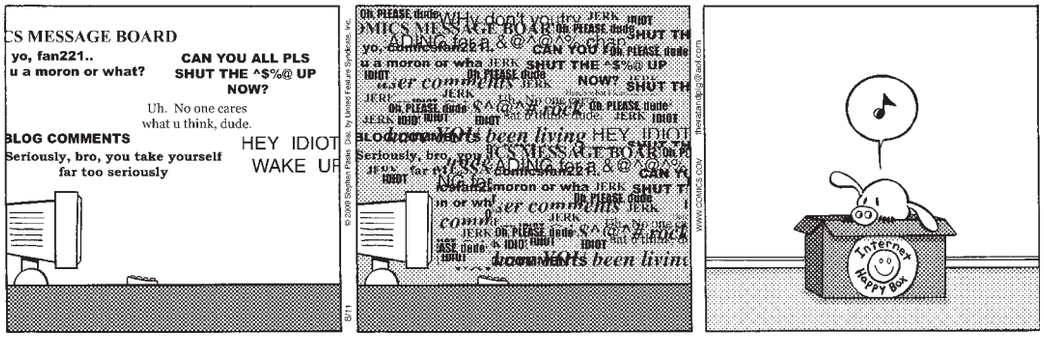
Cornered | *Mike Baldwin*

Lost in the shuffle, Bob refused to stop and ask for directions.

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) You may feel like you're the only one with the know-how required to get a certain project finished on time and under budget.

VIRGO (Aug. 23-Sept. 22) You're going to want someone you know to look closely at certain developments to help interpret what you know and what you only suspect.

LIBRA (Sept. 23-Oct. 22) You are not the best for the job, perhaps, but you do have enough enthusiasm to make up for any lack of skill or experience.

SCORPIO (Oct. 23-Nov. 21) You're going to want to move at a certain pace, dictating what is done and what is not — and when. Don't be bossed around.

SAGITTARIUS (Nov. 22-Dec. 21) You may be seeing in someone else the one thing about yourself that you have trouble accepting. Perhaps an adjustment is necessary.

CAPRICORN (Dec. 22-Jan. 19) You may have to adjust your methods slightly in order to accommodate someone who cannot, under normal circumstances, keep up with you.

AQUARIUS (Jan. 20-Feb. 18) Preparation is the key, especially if you find yourself looking into the face of a coming challenge.

PISCES (Feb. 19-March 20) You may have to hide your feelings, lest others take advantage of any perceived weaknesses. This won't last for long, however.

ARIES (March 21-April 19) That which comes naturally is likely to yield the most positive results. If you have to force an issue, it very well shouldn't be forced.

TAURUS (April 20-May 20) Someone of whom you've been suspicious in the past is likely to reveal to you that you have more in common than you had thought.

GEMINI (May 21-June 20) You may be so eager to help that you actually end up getting in the way. Be ready, certainly, but wait until you are asked.

CANCER (June 21-July 22) You may have to be more of a strict disciplinarian than usual — but in the end, everyone will be grateful for your persistence.

Today in History

1909 The first recorded use of the S.O.S. distress signal in North America is by the steamship SS Arapahoe, which broke down off North Carolina's Cape Hatteras.

1934 The first federal prisoners arrive at the island prison Alcatraz in San Francisco Bay.

1965 Rioting and looting that claimed 34 lives break out in the predominantly black Watts section of Los Angeles.

1984 President Ronald Reagan jokes during a voice test for a paid political radio address that he has "signed legislation that will outlaw Russia forever. We begin bombing in five minutes."

1992 The Mall of America opens in Bloomington, Minn.

2004 Britain grants its first license for human cloning for the purpose of stem cell research.

2008 In Beijing, Michael Phelps gets his second gold medal, thanks to a late comeback in the 400-meter freestyle relay by Jason Lezak, who lunges to the wall just ahead of the French anchor.

ADAM PRETTY/GETTY IMAGES

Jason Lezak rests after winning the 400-meter freestyle relay Aug. 11, 2008.

PostPoints DAILY CODE UL

lookout people

MATT SAYLES/AP

It's a lot classier when you don't have your roots match your new hair color.

WISDOM

People Say Don't Change Your Hair Right After a Breakup for a Reason

KIM KARDASHIAN appeared for the first time as a blonde at the Teen Choice Awards on Sunday. "This time it's for real, guys! I went blonde!!!" she said on her blog. "I had been considering it ever since I wore that blonde wig, and I just decided to go for it!! What do you think? I am really loving it!" (EXPRESS)

YAY

Creepy Footage to Be Devoured by Millions

Audiences will get to see **MICHAEL JACKSON** perform one more time later this year after a judge approved a major deal to produce a movie fashioned from footage of his final rehearsals. A Los Angeles Superior Court judge approved a deal on Friday between Michael Jackson's estate, AEG Live and Columbia Pictures. (AP)

DIMA GAVRYSH/AP

RELIEF (FOR AUDIENCES)

Welcome, Maternity Leave!

ELISABETH HASSELBECK of "The View" is the mother of a third child. Hasselbeck gave birth Sunday afternoon in a New York hospital to a boy, named Isaiah Timothy. She's married to former NFL player Tim Hasselbeck. Grace Elisabeth is 4, and Taylor Thomas is 20 months old. Isaiah weighed in at 7 pounds, 7 ounces. The new dad reports: "Elisabeth and Isaiah are doing great." (AP)

DEFINITIONS

5-Year-Olds 'Agree' the Way Any Beings Without Concept of Free Will 'Agree'

Sharks don't "agree" to be part of Shark Week, for example.

KATE GOSSELIN said she still wears her wedding ring for her eight children, but felt a lot of failure that her marriage is over. Appearing on the "Today" show Monday, Gosselin discussed her separation from her husband, Jon. Gosselin said when the time feels right, she'll take off her ring. She also told interviewer Meredith Viera that their split would have occurred regardless of fame: "It would've happened any way — cameras on, cameras off," she said. "I still feel like [the show] is a good thing. It's healthy, and the kids would agree." (AP)

DEMOGRAPHICS

Audience at Track Has No Idea Who Bobby Flay Is

BOBBY FLAY called a horse race in Saratoga Springs, N.Y., on Sunday. "And they're smokin' out of the gate!" Flay exclaimed as the horses broke in the eighth race, won by long shot Freddy the Cap, who paid $67. At the end of the race, track announcer Tom Durkin said, "Thank you, Bobby, and thank goodness you know how to cook a souffle." Flay also signed "Burgers, Fries and Shakes" at the track. (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.

NICK UT/AP

This page tells us that the meaning of "celebrity" is irrevocably corrupted.

MODERN LIFE

Presence of Gosselin and Ocotomom on Same Page Says a Lot About Culture

The two-hour "Octomom: The Incredible Unseen Footage" will air Aug. 19 on Fox. The show will document "the emotional struggles, physical complications and financial burdens of this single mother of 14," says a release. Shooting for a series about **NADYA SULEMAN** and her kids begins Sept. 1, according to Usmagazine.com. (EXPRESS)

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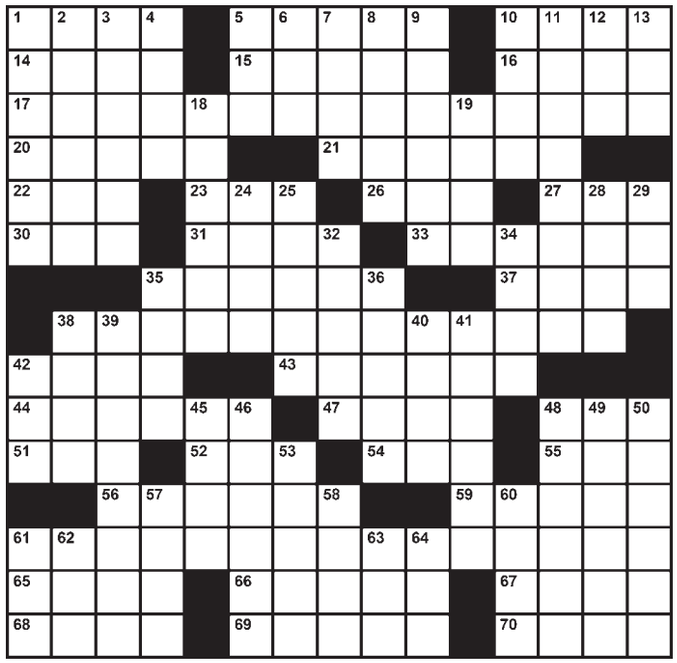
puzzles lookout

CROSSWORD | STATELY SONGS

EDITED BY TIMOTHY E. PARKER



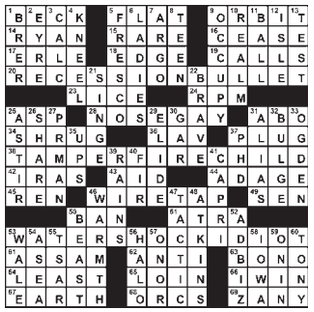
ACROSS

1 Mexican peninsula: ___ California
5 Witch features
10 Way back when
14 Three monkeys' subject
15 Soul mate?
16 Rich soil
17 1965 Beach Boys hit
20 Preacher's post
21 In addition
22 One of the Three Stooges
23 James Bond creator Fleming
26 ___-mo
27 Network of "The Sopranos"
30 Target for Peyton Manning
31 Tickled pink
33 The Wizard of Menlo Park
35 Supports (with "up")
37 Jeweler Lalique
38 1967 Neil Diamond hit
42 Teetotaler's order
43 Lady of La Mancha
44 Kind of bolt
47 Before long
48 May honoree
51 Maui music maker, briefly
52 Acorn, eventually
54 J.F.K. predecessor
55 "___ you serious?"
56 Romantic time of day, to many
59 Played over
61 1960 Ray Charles hit
65 Handel piece, e.g.
66 Response to a knock
67 "Picnic" playwright William
68 Chart fillers
69 Oxidizes
70 English horn part

DOWN

1 Developed into
2 King Arthur's final resting place
3 Rejected, as a lover
4 Inter ___
5 "Tommy" band (with "The")
6 Irish airline ___ Lingus
7 Go on a tirade
8 Some lounge combos
9 Resisting chemical change
10 Hodgepodge
11 German Ocean, now
12 Iron man Ripken
13 Middle of summer?
18 Sudden terror
19 Yummy
24 Family name of baseball
25 DEA agents
28 Capital of West Germany
29 Free throw score
32 Fakes, at a hockey game
34 "Joy of Cooking" writer Rombauer
35 Bump in the road
36 Assembly of church officials
38 Wacko
39 Beats by a hair
40 Stuff in a trunk?
41 Ill-tempered
42 Alphabet run
45 Tediously protracted
46 Not as tough
48 Camp Pendleton recruit
49 Halloween hue
50 Took a darning needle to
53 Neo portrayer in "The Matrix"
57 Bear in the sky
58 Day-care attendees
60 Middle East notable
61 Deity
62 Air pollution watchdog
63 Monarch capturer
64 "___ Doubtfire"

Yesterday's Solution



SUDOKU | MEDIUM

© PUZZLES BY PAPPOCOM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

	4				8			7
		8				9		2
7	6			2				
					4	6		
5			8		3			1
		9	7					
				8			1	4
4		3				5		
8			6				2	

Yesterday's Solution

4	1	5	3	8	7	6	2	9
2	9	6	4	5	1	8	3	7
8	7	3	9	6	2	1	4	5
6	2	9	8	4	5	7	1	3
7	5	8	6	1	3	2	9	4
3	4	1	7	2	9	5	6	8
9	8	2	1	7	4	3	5	6
5	6	4	2	3	8	9	7	1
1	3	7	5	9	6	4	8	2

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